



Hot Fudge Pudding Cake (Vegan)

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- 1.3 cups sugar divided
- 1 cup flour all-purpose
- 7 tablespoons cocoa powder divided
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup soymilk
- 0.3 cup butter melted softened (or)
- 1.5 teaspoons vanilla extract

- 0.5 cup brown sugar packed
- 1.3 cups water hot

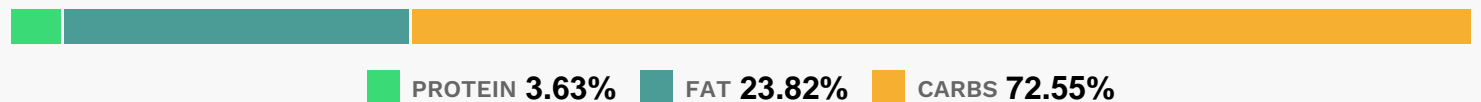
Equipment

- bowl
- frying pan
- oven
- mixing bowl

Directions

- Preheat oven to 350°F.
- In medium mixing bowl, combine 3/4 cup sugar, flour, 3 Tbsp cocoa, baking powder, and salt.
- Blend in the milk, vanilla, and margarine; beat until smooth.
- Spread batter into a square pan 8x8x2 or 9x9x
- This cake does not rise, but it bubbles, so be sure your pan height is tall enough or you will have chocolate burning all over your oven.
- In a separate small bowl, mix remaining 1/2 cup sugar, brown sugar, and remaining 4 Tbsp cocoa; sprinkle mixture evenly over batter.
- Pour hot water over the top; do not stir.
- Bake for 40 minutes or until center is almost set. (It will look kind of like a cobbler).
- Let stand 15 minutes; spoon into bowls, spooning sauce from bottom of pan over the top.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:30.85, Inflammation Score:-5, Nutrition Score:6.0056521387204%

Flavonoids

Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg,

Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 316.75kcal (15.84%), Fat: 8.76g (13.48%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 60.04g (20.01%), Net Carbohydrates: 57.93g (21.07%), Sugar: 45.11g (50.12%), Cholesterol: 0mg (0%), Sodium: 282.55mg (12.28%), Alcohol: 0.26g (100%), Alcohol %: 0.26% (100%), Caffeine: 10.06mg (3.35%), Protein: 3.01g (6.01%), Manganese: 0.29mg (14.33%), Copper: 0.22mg (11.09%), Calcium: 103.15mg (10.32%), Selenium: 6.62µg (9.45%), Vitamin B1: 0.14mg (9.08%), Iron: 1.63mg (9.06%), Folate: 34.95µg (8.74%), Fiber: 2.1g (8.41%), Vitamin A: 396.29IU (7.93%), Vitamin B3: 1.52mg (7.62%), Vitamin B2: 0.13mg (7.48%), Phosphorus: 73.67mg (7.37%), Magnesium: 27.52mg (6.88%), Vitamin E: 0.68mg (4.52%), Potassium: 128.23mg (3.66%), Zinc: 0.45mg (3.03%), Vitamin B12: 0.17µg (2.81%), Vitamin B6: 0.05mg (2.65%), Vitamin C: 1.08mg (1.31%), Vitamin D: 0.18µg (1.18%), Vitamin B5: 0.11mg (1.06%)