



Hot Fudge Spoon Cake

READY IN



45 min.

SERVINGS



6

CALORIES



512 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking cocoa divided
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.8 cup brown sugar divided packed
- ☐ 2 tablespoons butter melted
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 6 servings optional: vanilla ice cream

☐ 1.8 cups water hot

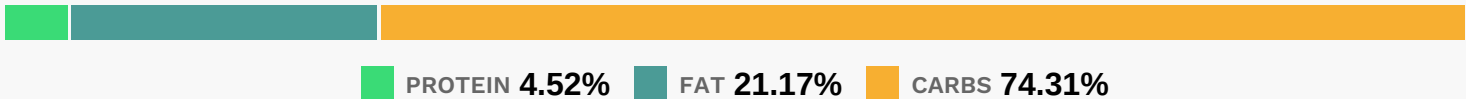
Equipment

- ☐ bowl
- ☐ whisk
- ☐ toothpicks
- ☐ slow cooker

Directions

- ☐ Combine flour, one cup brown sugar, 3 tablespoons cocoa, baking powder and salt in a medium bowl.
- ☐ Whisk in milk, butter and vanilla.
- ☐ Spread evenly in a slow cooker.
- ☐ Mix together remaining 3/4 cup brown sugar and 1/4 cup cocoa; sprinkle evenly over top of batter.
- ☐ Pour in hot water; do not stir. Cover and cook on high setting for 2 hours or until a toothpick inserted one inch deep comes out clean. Spoon warm cake into bowls; top with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:21.42, Inflammation Score:-5, Nutrition Score:9.2256520895854%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 511.78kcal (25.59%), Fat: 12.39g (19.06%), Saturated Fat: 7.58g (47.37%), Carbohydrates: 97.86g (32.62%), Net Carbohydrates: 95.51g (34.73%), Sugar: 77.38g (85.97%), Cholesterol: 41.51mg (13.84%), Sodium: 351.38mg

(15.28%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 8.24mg (2.75%), Protein: 5.95g (11.9%), Calcium: 252.09mg (25.21%), Vitamin B2: 0.3mg (17.64%), Phosphorus: 171.56mg (17.16%), Manganese: 0.33mg (16.39%), Selenium: 9.97µg (14.24%), Vitamin B1: 0.21mg (13.67%), Iron: 2.13mg (11.83%), Copper: 0.22mg (11.14%), Folate: 43.35µg (10.84%), Magnesium: 41.11mg (10.28%), Fiber: 2.35g (9.41%), Potassium: 325.84mg (9.31%), Vitamin A: 427.42IU (8.55%), Vitamin B3: 1.48mg (7.4%), Vitamin B5: 0.65mg (6.5%), Zinc: 0.96mg (6.4%), Vitamin B12: 0.38µg (6.25%), Vitamin B6: 0.08mg (4.2%), Vitamin D: 0.36µg (2.37%), Vitamin E: 0.33mg (2.22%)