



Hot Fudge Sundae Cake

READY IN



60 min.

SERVINGS



9

CALORIES



362 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 2 tablespoons cocoa powder
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup milk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla
- 1 cup nuts chopped

- 1 cup brown sugar packed
- 0.3 cup cocoa powder
- 1.8 cups water hot
- 1 serving whipped cream

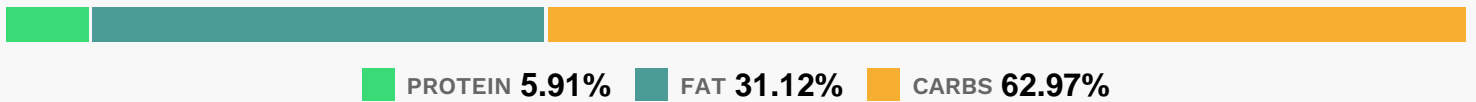
Equipment

- frying pan
- oven

Directions

- Heat oven to 350°F.
- Mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder and salt in ungreased square pan, 9x9x2 inches.
- Mix in milk, oil and vanilla with fork until smooth. Stir in nuts.
- Spread in pan.
- Sprinkle brown sugar and 1/4 cup cocoa over batter.
- Pour water over batter.
- Bake about 40 minutes or until top is dry.
- Spoon warm cake into dessert dishes. Top with ice cream. Spoon sauce from pan onto each serving.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:21.57, Inflammation Score:-4, Nutrition Score:8.3099999842436%

Flavonoids

Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 362.41kcal (18.12%), Fat: 13.16g (20.25%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 59.93g (19.98%), Net Carbohydrates: 56.76g (20.64%), Sugar: 42.71g (47.45%), Cholesterol: 4.85mg (1.62%), Sodium: 182.12mg (7.92%), Alcohol: 0.15g (100%), Alcohol %: 0.13% (100%), Caffeine: 8.05mg (2.68%), Protein: 5.62g (11.24%), Manganese: 0.56mg (27.88%), Copper: 0.38mg (18.98%), Magnesium: 62.13mg (15.53%), Phosphorus: 152.16mg (15.22%), Fiber: 3.16g (12.65%), Calcium: 117.98mg (11.8%), Iron: 2.01mg (11.17%), Vitamin B1: 0.15mg (10.29%), Folate: 35.15µg (8.79%), Vitamin B2: 0.15mg (8.76%), Selenium: 5.99µg (8.56%), Vitamin B3: 1.7mg (8.5%), Zinc: 1.06mg (7.09%), Potassium: 232.2mg (6.63%), Vitamin K: 5.75µg (5.48%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.29mg (1.92%), Vitamin B12: 0.1µg (1.7%), Vitamin A: 55.23IU (1.1%), Vitamin D: 0.16µg (1.09%)