



Hot Fudge Sundae Cake for Two

READY IN



19 min.

SERVINGS



2

CALORIES



635 kcal

DESSERT

Ingredients

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

- 0.3 cup brown sugar packed
- 1 tablespoon cocoa powder
- 0.5 cup water hot
- 2 scoops whipped cream
- 1 serving banana sliced
- 1 serving nuts chopped
- 1 serving maraschino cherries

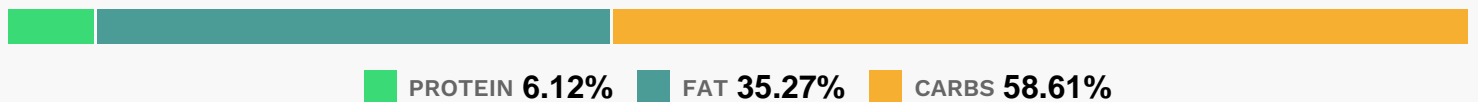
Equipment

- microwave

Directions

- Mix flour, granulated sugar, 2 teaspoons cocoa, the baking powder and salt in 24-ounce microwavable casserole. Stir in milk, oil and vanilla until smooth. Stir in 2 tablespoons nuts.
- Sprinkle with brown sugar and 1 tablespoon cocoa.
- Place water in 1-cup microwavable measure. Microwave uncovered on High 1 minute to 1 minute 30 seconds or until boiling.
- Pour over batter.
- Microwave uncovered on High 2 minutes 30 seconds to 3 minutes, rotating casserole 1/4 turn after 1 minute, until cake is set but still glossy.
- Serve warm topped with ice cream.
- Garnish with sliced bananas, additional nuts and cherries.

Nutrition Facts



Properties

Glycemic Index:225.1, Glycemic Load:39.11, Inflammation Score:-6, Nutrition Score:15.729130620542%

Flavonoids

Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 634.72kcal (31.74%), Fat: 26.01g (40.01%), Saturated Fat: 7.55g (47.19%), Carbohydrates: 97.22g (32.41%), Net Carbohydrates: 91.07g (33.12%), Sugar: 68.18g (75.75%), Cholesterol: 30.84mg (10.28%), Sodium: 325.5mg (14.15%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 8.05mg (2.68%), Protein: 10.15g (20.31%), Manganese: 0.92mg (46.07%), Copper: 0.57mg (28.36%), Phosphorus: 272.74mg (27.27%), Magnesium: 108.7mg (27.18%), Fiber: 6.15g (24.6%), Calcium: 215.44mg (21.54%), Vitamin B2: 0.36mg (21.45%), Vitamin B6: 0.37mg (18.43%), Potassium: 636.98mg (18.2%), Vitamin B1: 0.23mg (15.36%), Iron: 2.69mg (14.93%), Folate: 58.39µg (14.6%), Vitamin B3: 2.72mg (13.59%), Zinc: 1.93mg (12.88%), Selenium: 8.35µg (11.92%), Vitamin B5: 1.07mg (10.66%), Vitamin K: 9.01µg (8.58%), Vitamin C: 5.98mg (7.24%), Vitamin A: 347.36IU (6.95%), Vitamin B12: 0.34µg (5.64%), Vitamin E: 0.65mg (4.34%), Vitamin D: 0.3µg (1.98%)