



## Hot Fudge Sundae Cake for Two

READY IN



19 min.

SERVINGS



1

CALORIES



1269 kcal

DESSERT

### Ingredients

- 1 tablespoon cocoa powder
- 2 teaspoons cocoa powder
- 0.5 teaspoon double-acting baking powder
- 1 serving banana sliced
- 0.3 cup brown sugar packed
- 0.3 cup flour all-purpose
- 3 tablespoons granulated sugar
- 2 scoops whipped cream
- 1 serving maraschino cherries

- 2 tablespoons milk
- 1 serving nuts chopped
- 2 tablespoons nuts chopped
- 0.1 teaspoon salt
- 0.3 teaspoon vanilla
- 2 teaspoons vegetable oil
- 0.5 cup water hot

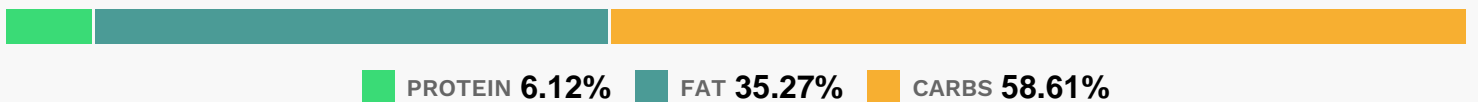
## Equipment

- 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:450.2, Glycemic Load:78.23, Inflammation Score:-8, Nutrition Score:31.457826075347%

## Flavonoids

Catechin: 12.22mg, Catechin: 12.22mg, Catechin: 12.22mg, Catechin: 12.22mg Epicatechin: 13.78mg, Epicatechin: 13.78mg, Epicatechin: 13.78mg, Epicatechin: 13.78mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## **Nutrients (% of daily need)**

Calories: 1269.44kcal (63.47%), Fat: 52.01g (80.02%), Saturated Fat: 15.1g (94.37%), Carbohydrates: 194.45g (64.82%), Net Carbohydrates: 182.15g (66.24%), Sugar: 136.35g (151.5%), Cholesterol: 61.68mg (20.56%), Sodium: 651mg (28.3%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Caffeine: 16.1mg (5.37%), Protein: 20.31g (40.61%), Manganese: 1.84mg (92.13%), Copper: 1.13mg (56.72%), Phosphorus: 545.48mg (54.55%), Magnesium: 217.41mg (54.35%), Fiber: 12.3g (49.19%), Calcium: 430.88mg (43.09%), Vitamin B2: 0.73mg (42.9%), Vitamin B6: 0.74mg (36.86%), Potassium: 1273.96mg (36.4%), Vitamin B1: 0.46mg (30.72%), Iron: 5.38mg (29.86%), Folate: 116.78µg (29.19%), Vitamin B3: 5.44mg (27.18%), Zinc: 3.87mg (25.77%), Selenium: 16.69µg (23.85%), Vitamin B5: 2.13mg (21.32%), Vitamin K: 18.01µg (17.15%), Vitamin C: 11.95mg (14.49%), Vitamin A: 694.71IU (13.89%), Vitamin B12: 0.68µg (11.28%), Vitamin E: 1.3mg (8.68%), Vitamin D: 0.59µg (3.96%)