



Kitchen Express Mississippi Mud Cake

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 35.2 oz brownie mix for batter
- ☐ 10.5 oz marshmallows miniature
- ☐ 1 cup pecans chopped

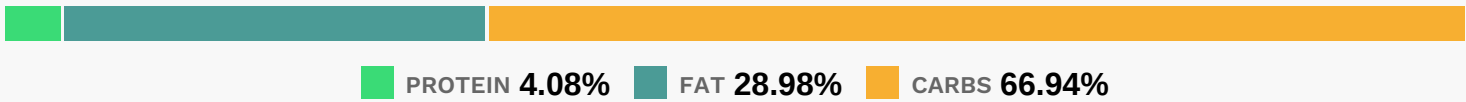
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place pecans in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 to 10 minutes or until toasted.
- ☐ Prepare mix according to package directions; pour batter into a greased 15- x 10- x 1-inch jelly-roll pan.
- ☐ Bake at 350 for 25 minutes.
- ☐ Remove from oven, and top with marshmallows; bake 8 to 10 more minutes.
- ☐ Drizzle warm cake with Chocolate Frosting, and sprinkle evenly with toasted pecans.
- ☐ Note: For testing purposes only, we used Duncan Hines Chocolate Lover's Double Fudge Brownie
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:9.78, Inflammation Score:0, Nutrition Score:2.2865217499759%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 406.7kcal (20.34%), Fat: 13.32g (20.49%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 69.23g (23.08%), Net Carbohydrates: 68.52g (24.92%), Sugar: 44.72g (49.68%), Cholesterol: 0mg (0%), Sodium: 210.13mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Manganese: 0.33mg (16.43%), Iron: 2.1mg (11.66%), Copper: 0.11mg (5.32%), Vitamin B1: 0.05mg (3.21%), Fiber: 0.72g (2.87%), Magnesium: 9.19mg (2.3%), Zinc: 0.34mg (2.25%), Phosphorus: 21.72mg (2.17%)