



Macadamia-Fudge Cake

READY IN



45 min.

SERVINGS



8

CALORIES



507 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 8 servings macadamia-fudge topping
- ☐ 1 teaspoon coffee granules instant
- ☐ 8 servings garnish: macadamia nuts toasted
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract

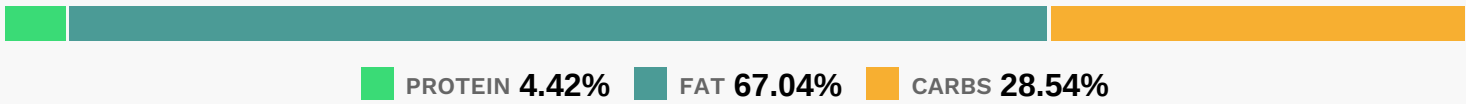
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter at medium speed with an electric mixer until fluffy; gradually add sugar, beating until blended.
- ☐ Add egg, sour cream, and vanilla; beat well.
- ☐ Combine flour and next 5 ingredients; gradually add to butter mixture, beating until blended.
- ☐ Pour batter into a greased, wax paper-lined 9-inch pan.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pan; let cool on a wire rack 10 minutes.
- ☐ Pour Macadamia-Fudge Topping over cake. Chill until ready to serve.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:21.94, Inflammation Score:-6, Nutrition Score:11.765652223774%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 507.17kcal (25.36%), Fat: 39.49g (60.75%), Saturated Fat: 8.58g (53.6%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 34.1g (12.4%), Sugar: 21.3g (23.66%), Cholesterol: 35.98mg (11.99%), Sodium: 322.84mg (14.04%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 8.31mg (2.77%), Protein: 5.86g (11.71%), Manganese: 1.43mg (71.47%), Vitamin B1: 0.49mg (32.75%), Copper: 0.33mg (16.7%), Fiber: 3.72g (14.9%), Magnesium: 56.11mg (14.03%), Selenium: 9.51µg (13.59%), Vitamin A: 675.59IU (13.51%), Iron: 2.27mg (12.63%), Phosphorus: 125.9mg (12.59%), Vitamin B2: 0.21mg (12.07%), Folate: 36.91µg (9.23%), Vitamin B3: 1.77mg (8.86%), Calcium: 75.39mg (7.54%), Potassium: 205.23mg (5.86%), Vitamin B6: 0.11mg (5.63%), Zinc: 0.79mg (5.27%), Vitamin E: 0.79mg (5.25%), Vitamin B5: 0.48mg (4.82%), Vitamin B12: 0.12µg (1.93%)