



Microwave Mississippi Mud Cake I

READY IN



45 min.

SERVINGS



18

CALORIES



307 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 4 cups confectioners' sugar
- 4 eggs
- 1.5 cups flour all-purpose
- 0.5 cup marshmallows miniature
- 0.3 cup milk
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract

- 0.3 cup walnuts coarsely chopped
- 2 cups sugar white

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- microwave

Directions

- Put 1 cup butter or margarine into large mixing bowl. Microwave on high 1 to 1 1/2 minutes until melted.
- Stir in 2 cups white sugar and cocoa.
- Add eggs and vanilla; beat vigorously until well-blended. Stir in flour, nuts and salt.
- Let batter "rest" for 10 minutes.
- Pour into an 11 3/4 x 7 1/2 pan.
- Place on a plastic trivet or inverted saucer in oven. Microwave on medium 9 minutes, rotating dish 1/2 turn after 3 minutes.
- Microwave on high 3-5 minutes rotating dish 1/2 turn once, until top is mostly dry with moist spots and pick comes out clean.
- Sprinkle marshmallows evenly over top of cake.
- Let stand about 5 minutes until marshmallows are slightly melted.
- To Make Frosting: Melt 1/2 cup butter in large bowl. Stir in 1/3 cup milk, 1/4 cup cocoa and 1/2 teaspoon vanilla.
- Add 4 cups confectioners' sugar and beat vigorously until smooth.
- Spread evenly over marshmallows.
- Let stand on flat surface 30 minutes until slightly warm or cool completely. Makes 16 very rich servings as this is a very dense cake.

Nutrition Facts

PROTEIN 3.81% FAT 21.58% CARBS 74.61%

Properties

Glycemic Index:17.42, Glycemic Load:22.05, Inflammation Score:-2, Nutrition Score:3.6656521907805%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 307.2kcal (15.36%), Fat: 7.59g (11.67%), Saturated Fat: 3.84g (24.03%), Carbohydrates: 59.04g (19.68%), Net Carbohydrates: 58.2g (21.17%), Sugar: 49.42g (54.91%), Cholesterol: 50.47mg (16.82%), Sodium: 90.81mg (3.95%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.02g (6.03%), Selenium: 7.25µg (10.36%), Manganese: 0.18mg (8.88%), Vitamin B2: 0.12mg (7.01%), Folate: 25.84µg (6.46%), Vitamin B1: 0.09mg (6.34%), Phosphorus: 51.19mg (5.12%), Iron: 0.9mg (5%), Copper: 0.1mg (4.9%), Vitamin A: 218.02IU (4.36%), Vitamin B3: 0.68mg (3.38%), Fiber: 0.83g (3.33%), Magnesium: 12.7mg (3.18%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.12µg (2.04%), Vitamin E: 0.27mg (1.8%), Calcium: 17.79mg (1.78%), Vitamin B6: 0.03mg (1.72%), Potassium: 59.47mg (1.7%), Vitamin D: 0.25µg (1.64%)