

Microwave Mississippi Mud Cake II

READY IN



31 min.

SERVINGS



15

CALORIES



482 kcal

DESSERT

Ingredients

- 4 cups powdered sugar
- 4 eggs
- 1.5 cups flour all-purpose
- 1 cup butter
- 2 cups marshmallows miniature
- 0.7 cup milk
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped

2 cups granulated sugar white

Equipment

bowl

oven

microwave

Directions

In 9x13 inch microwave-safe cake dish, melt the margarine and 1/4 cup cocoa together. Stir in the eggs.

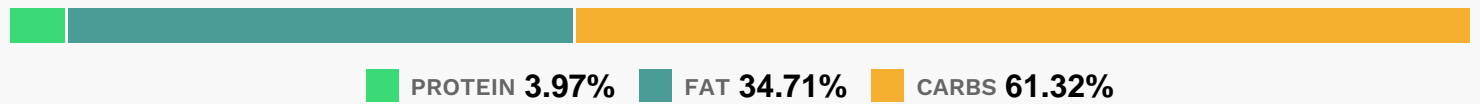
Mix in the 2 cups sugar, flour, nuts and vanilla.

Bake in microwave oven on high, for 11 minutes, rotating dish after 5 minutes.

Remove from microwave and sprinkle marshmallows on top.

To make the frosting: In microwave-safe bowl, combine confectioners' sugar, cocoa, and milk. Cook in microwave for 2 minutes, stir and pour over cake.

Nutrition Facts



Properties

Glycemic Index:17.57, Glycemic Load:29.09, Inflammation Score:-5, Nutrition Score:6.538695667101%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 482.08kcal (24.1%), Fat: 19.21g (29.56%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 76.39g (25.46%), Net Carbohydrates: 74.82g (27.21%), Sugar: 62.62g (69.58%), Cholesterol: 44.95mg (14.98%), Sodium: 170.56mg (7.42%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.4mg (1.47%), Protein: 4.94g (9.88%), Manganese: 0.43mg (21.6%), Selenium: 9.17µg (13.1%), Vitamin A: 623.81IU (12.48%), Copper: 0.23mg (11.69%), Vitamin B2: 0.16mg (9.63%), Phosphorus: 92.73mg (9.27%), Vitamin B1: 0.14mg (9.24%), Folate: 36.86µg (9.22%), Iron: 1.33mg (7.37%), Magnesium: 27.94mg (6.98%), Fiber: 1.57g (6.3%), Vitamin B3: 0.9mg (4.49%), Zinc: 0.66mg

(4.42%), Vitamin E: 0.66mg (4.41%), Vitamin B6: 0.08mg (3.89%), Calcium: 37.23mg (3.72%), Vitamin B5: 0.34mg (3.38%), Potassium: 117.54mg (3.36%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.35µg (2.36%)