



Mississippi Mud Cake

READY IN



60 min.

SERVINGS



16

CALORIES



506 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup buttermilk
- 0.5 cup cocoa
- 3 tablespoons cocoa
- 1 pound confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 1 bag marshmallows miniature
- 6 tablespoons milk

- 1 cup pecans chopped
- 0.5 teaspoon salt
- 2 cups sugar
- 1 stick butter unsalted
- 1 stick butter unsalted softened
- 1 teaspoon vanilla extract
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil
- 0.3 cup water

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat the oven to 350 degrees F. Grease and flour a 13 by 9-inch baking pan.
- Combine the sugar, salt, and flour in a large mixing bowl. Bring the butter, oil, cocoa, and 1/4 cup water to a boil in a saucepan.
- Add to the flour mixture.
- Beat together the eggs, baking soda, buttermilk, and vanilla.
- Add to the chocolate mixture, mix well, and pour into the prepared pan.
- Bake for 25 minutes.
- While the cake is baking, make the icing by melting the butter in the cocoa and milk over low heat. Bring the mixture to a boil, then remove from the heat. Stir in the confectioners' sugar. Slowly mix in the nuts and the vanilla. Take the cake from the oven, and when it cools a bit cover it with miniature marshmallows.
- Pour the warm icing over the cake and the marshmallows. Cool the cake before serving.

Nutrition Facts

PROTEIN 3.43% FAT 33.25% CARBS 63.32%

Properties

Glycemic Index:17.79, Glycemic Load:35.01, Inflammation Score:-4, Nutrition Score:7.1647825798263%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 506.36kcal (25.32%), Fat: 19.44g (29.91%), Saturated Fat: 8.63g (53.94%), Carbohydrates: 83.31g (27.77%), Net Carbohydrates: 80.88g (29.41%), Sugar: 64g (71.11%), Cholesterol: 52.33mg (17.44%), Sodium: 176.74mg (7.68%), Alcohol: 0.26g (100%), Alcohol %: 0.23% (100%), Caffeine: 8.34mg (2.78%), Protein: 4.51g (9.01%), Manganese: 0.56mg (28.02%), Copper: 0.27mg (13.59%), Selenium: 8.91µg (12.73%), Vitamin B1: 0.18mg (12.02%), Fiber: 2.43g (9.74%), Vitamin B2: 0.16mg (9.2%), Phosphorus: 90.15mg (9.01%), Iron: 1.57mg (8.75%), Folate: 34.81µg (8.7%), Vitamin A: 407.99IU (8.16%), Magnesium: 32.62mg (8.15%), Vitamin B3: 1.12mg (5.6%), Zinc: 0.81mg (5.43%), Vitamin E: 0.61mg (4.09%), Potassium: 132.37mg (3.78%), Vitamin K: 3.93µg (3.74%), Calcium: 35.07mg (3.51%), Vitamin D: 0.48µg (3.21%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.14µg (2.3%), Vitamin B6: 0.04mg (2.1%)