



Mississippi Mud Cake

 Gluten Free

READY IN



45 min.

SERVINGS



100

CALORIES



48 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 3 tablespoons cocoa powder
- 4 cups marshmallows miniature
- 0.3 cup milk
- 2 cups pecans toasted chopped
- 16 ounce powdered sugar sifted
- 1 teaspoon vanilla extract

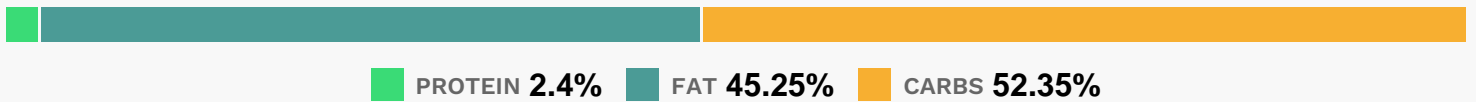
Equipment

- sauce pan
- oven
- whisk
- wire rack
- aluminum foil

Directions

- Spoon batter into 2 greased and floured aluminum foil-lined 9- x 9- x 2-inch square pans.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean.
- Remove from oven; sprinkle each cake evenly with 2 cups miniature marshmallows and 1 cup pecans. Return to oven, and bake 5 more minutes or just until marshmallows begin to melt.
- Remove from oven, and let cool on a wire rack.
- Bring butter, milk, and cocoa to a boil in a large saucepan over medium heat, stirring until butter melts.
- Remove from heat; whisk in powdered sugar and vanilla.
- Drizzle evenly over cakes in pans.
- Let cool completely.
- Cut cakes into squares.

Nutrition Facts



Properties

Glycemic Index:1.09, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:0.67869564542628%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.17kcal (2.41%), Fat: 2.53g (3.9%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.33g (2.3%), Sugar: 5.72g (6.36%), Cholesterol: 0.1mg (0.03%), Sodium: 12.74mg (0.55%), Alcohol: 0.01g (100%), Alcohol %: 0.16% (100%), Protein: 0.3g (0.6%), Manganese: 0.1mg (5.22%), Copper: 0.03mg (1.71%), Fiber: 0.27g (1.07%), Vitamin B1: 0.02mg (1.01%)