



Mississippi Mud Cake

READY IN



45 min.

SERVINGS



15

CALORIES



421 kcal

DESSERT

Ingredients

- ☐ 1 cup butter melted
- ☐ 4 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 10.5 ounce marshmallows miniature
- ☐ 1.5 cups pecans toasted coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

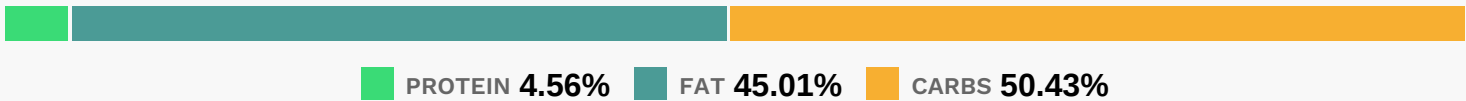
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together melted butter and next 5 ingredients in a large bowl. Stir in flour and chopped pecans.
- ☐ Pour batter into a greased and floured 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from oven; top warm cake evenly with marshmallows. Return to oven, and bake 5 minutes.
- ☐ Drizzle Chocolate Frosting over warm cake. Cool completely.
- ☐ Note: 2 (5-ounce) packages brownie mix, prepared according to package directions, may be substituted for first 7 ingredients. Stir in chopped pecans.
- ☐ Bake at 350 for 30 minutes. Proceed with marshmallows and frosting as directed.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:35.32, Inflammation Score:-4, Nutrition Score:7.4734782304453%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 5.72mg, Epicatechin: 5.72mg, Epicatechin: 5.72mg, Epicatechin: 5.72mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 421.47kcal (21.07%), Fat: 22.03g (33.89%), Saturated Fat: 9.13g (57.07%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 53.08g (19.3%), Sugar: 38.65g (42.95%), Cholesterol: 82.14mg (27.38%), Sodium: 152.64mg (6.64%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.59mg (2.2%), Protein: 5.02g (10.04%), Manganese: 0.69mg (34.64%), Copper: 0.29mg (14.42%), Selenium: 9.8µg (14.01%), Vitamin B1: 0.18mg (11.91%), Fiber: 2.46g (9.86%), Phosphorus: 96.37mg (9.64%), Vitamin A: 456.29IU (9.13%), Vitamin B2: 0.15mg (9.08%), Iron: 1.55mg (8.61%), Folate: 33.11µg (8.28%), Magnesium: 32.58mg (8.14%), Zinc: 0.97mg (6.49%), Vitamin B3: 0.96mg (4.8%), Vitamin E: 0.65mg (4.36%), Vitamin B5: 0.38mg (3.78%), Potassium: 125.59mg (3.59%), Vitamin B6: 0.06mg (2.78%), Calcium: 25.18mg (2.52%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.27µg (1.78%), Vitamin K: 1.59µg (1.51%)