



Mississippi Mud Cake II

READY IN



45 min.

SERVINGS



15

CALORIES



522 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1.3 cups butter softened
- 3 cups confectioners' sugar
- 4 eggs
- 1.5 cups flour all-purpose
- 7 ounce marshmallow crème
- 0.5 cup milk
- 0.5 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 2 teaspoons vanilla extract
- 1.5 cups walnuts chopped
- 2 cups sugar white

Equipment

- frying pan
- sauce pan
- oven
- cake form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch cake pan.
- In a large sauce pan over low heat, melt 1 cup of the butter or margarine and the cocoa. Stir often.
- Remove from heat and add white sugar, beat well. Beat in eggs one at a time.
- Combine flour, baking powder, and salt and stir into the egg mixture. Stir in the chopped nut and teaspoon of the vanilla.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes.
- Remove cake from oven and spread the marshmallow cream over the cake. Spoon chocolate icing over marshmallow topping while the cake is still hot and spread. The cake will get "muddied" by the spreading action.
- To Make Icing: Beat together the remaining 1/4 cup butter or margarine, 1/3 cup cocoa, 1 teaspoon vanilla, the milk and the confectioner's sugar. Once well combined spoon over the still hot cake.

Nutrition Facts



PROTEIN 3.94% **FAT 41.11%** **CARBS 54.95%**

Properties

Glycemic Index:23.01, Glycemic Load:25.9, Inflammation Score:-5, Nutrition Score:7.417391318342%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg 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: 522.12kcal (26.11%), Fat: 24.82g (38.18%), Saturated Fat: 11.13g (69.58%), Carbohydrates: 74.62g (24.87%), Net Carbohydrates: 72.79g (26.47%), Sugar: 59.11g (65.68%), Cholesterol: 85.29mg (28.43%), Sodium: 248.85mg (10.82%), Alcohol: 0.18g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.4mg (1.47%), Protein: 5.35g (10.7%), Manganese: 0.57mg (28.26%), Copper: 0.29mg (14.45%), Selenium: 9.33µg (13.34%), Vitamin A: 551.6IU (11.03%), Phosphorus: 109.87mg (10.99%), Folate: 41.03µg (10.26%), Vitamin B1: 0.15mg (9.98%), Vitamin B2: 0.17mg (9.72%), Magnesium: 33.67mg (8.42%), Iron: 1.45mg (8.08%), Fiber: 1.83g (7.32%), Calcium: 53.18mg (5.32%), Zinc: 0.79mg (5.25%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.94mg (4.69%), Vitamin E: 0.66mg (4.38%), Potassium: 128.82mg (3.68%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.32µg (2.16%), Vitamin K: 1.78µg (1.7%)