



Mississippi Mud Cake III

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



507 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter
- 0.3 cup rum dark
- 2 eggs
- 2 cups flour all-purpose
- 0.1 teaspoon salt
- 1.8 cups strong coffee decoction brewed
- 5 ounce chocolate unsweetened

- 1 teaspoon vanilla extract
- 2 cups sugar white

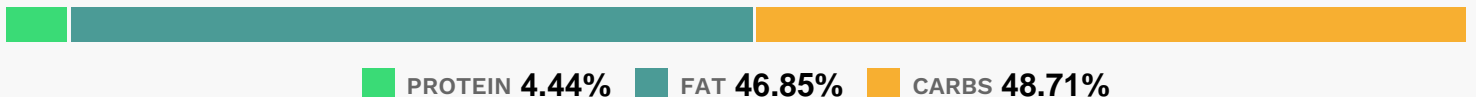
Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Place coffee and rum in a saucepan and heat to simmer.
- Add the chocolate and the butter or margarine. Cook, stirring, occasionally, until both are melted.
- Remove from the heat.
- In a large bowl, beat the eggs. Gradually beat in the sugar until the mixture is thick. Beat in the vanilla and the chocolate mixture. In another bowl, stir together the flour, baking soda, and salt. Beat into the chocolate mixture.
- Turn the batter into a greased and floured tube pan.
- Bake in a preheated 275 degrees F (135 degrees C) oven for 1 1/2 hours, or until the cake tests done with a toothpick.
- Transfer to a rack to cool. Makes 16 servings.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:41.73, Inflammation Score:-6, Nutrition Score:10.405652289805%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 20.12mg, Epicatechin: 20.12mg, Epicatechin: 20.12mg, Epicatechin: 20.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 506.79kcal (25.34%), Fat: 27.04g (41.6%), Saturated Fat: 16.57g (103.55%), Carbohydrates: 63.27g (21.09%), Net Carbohydrates: 60.25g (21.91%), Sugar: 40.21g (44.68%), Cholesterol: 81.54mg (27.18%), Sodium: 302.19mg (13.14%), Alcohol: 2.14g (100%), Alcohol %: 1.71% (100%), Caffeine: 27.93mg (9.31%), Protein: 5.76g (11.53%), Manganese: 0.78mg (38.84%), Copper: 0.51mg (25.29%), Iron: 3.81mg (21.18%), Selenium: 12.79µg (18.28%), Vitamin B1: 0.23mg (15.2%), Folate: 55.37µg (13.84%), Magnesium: 54.65mg (13.66%), Vitamin B2: 0.23mg (13.26%), Vitamin A: 614.79IU (12.3%), Fiber: 3.03g (12.11%), Zinc: 1.69mg (11.26%), Phosphorus: 108.08mg (10.81%), Vitamin B3: 1.77mg (8.83%), Potassium: 183.83mg (5.25%), Vitamin E: 0.69mg (4.63%), Vitamin B5: 0.4mg (3.99%), Calcium: 29.73mg (2.97%), Vitamin K: 3.11µg (2.96%), Vitamin B12: 0.12µg (1.95%), Vitamin B6: 0.03mg (1.55%), Vitamin D: 0.18µg (1.17%)