



Mocha Cappuccino Pudding Cake

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



209 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 1.8 cups sugar
- 0.3 cup cocoa powder
- 1 tablespoon espresso powder dry instant ()
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup skim milk fat-free (skim)
- 2 tablespoons soybean oil melted

- 1 teaspoon vanilla
- 1 teaspoon espresso powder dry instant ()
- 1.5 cups milk fat-free (skim) (120°F to 130°F)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 350°F.
- Mix flour, 3/4 cup of the sugar, 2 tablespoons of the cocoa, 1 tablespoon espresso coffee, the baking powder and salt in medium bowl. Stir in 1/2 cup milk, butter and vanilla until well blended.
- Spread in ungreased square pan, 9x9x2 inches.
- Mix remaining 1 cup sugar, remaining 2 tablespoons cocoa and 1 teaspoon espresso coffee in small bowl; sprinkle evenly over cake batter.
- Pour 1 1/2 cups very warm milk over sugar mixture.
- Place sheet of foil or cookie sheet on lower oven rack under cake to catch any spills.
- Bake cake 35 to 45 minutes or until center is set and firm to the touch. Spoon warm cake into dessert dishes.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:28.38, Inflammation Score:-2, Nutrition Score:4.4582608938217%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 208.57kcal (10.43%), Fat: 3.72g (5.72%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 41.49g (15.09%), Sugar: 31.2g (34.67%), Cholesterol: 3.97mg (1.32%), Sodium: 166.81mg (7.25%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 19.82mg (6.61%), Protein: 3.11g (6.22%), Calcium: 85.71mg (8.57%), Manganese: 0.17mg (8.49%), Vitamin B1: 0.13mg (8.43%), Phosphorus: 81.43mg (8.14%), Selenium: 5.69µg (8.13%), Vitamin B2: 0.13mg (7.67%), Folate: 24.61µg (6.15%), Iron: 0.95mg (5.26%), Vitamin B3: 0.99mg (4.97%), Magnesium: 18.5mg (4.63%), Copper: 0.09mg (4.51%), Vitamin K: 4.35µg (4.15%), Fiber: 1.02g (4.06%), Vitamin B12: 0.22µg (3.73%), Potassium: 122.86mg (3.51%), Vitamin D: 0.45µg (2.99%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.21mg (2.12%), Vitamin B6: 0.03mg (1.63%), Vitamin E: 0.21mg (1.4%), Vitamin A: 70.24IU (1.4%)