



Mocha-Fudge Pudding Cake

READY IN



45 min.

SERVINGS



9

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon hot-brewed coffee cold brewed (coffee-flavored liqueur)
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons coffee granules instant
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons stick margarine softened
- ☐ 0.7 cup sugar
- ☐ 0.8 cup sugar

- ☐ 0.5 cup cocoa unsweetened divided
- ☐ 2.3 cups whipped cream fat-free
- ☐ 1.3 cups water boiling

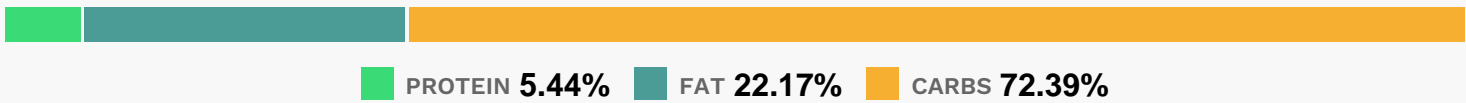
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine 3/4 cup sugar and butter in a bowl; beat at medium speed of a mixer for 3 minutes.
- ☐ Add milk and liqueur; beat well. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 1/4 cup cocoa, baking powder, and salt in a bowl; gradually add to sugar mixture, beating until well-blended. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Combine 1/4 cup cocoa, 2/3 cup sugar, and coffee granules in a small bowl; sprinkle over batter.
- ☐ Pour boiling water over batter (do not stir).
- ☐ Bake at 350 for 30 minutes or until cake springs back when touched lightly in the center (cake will not test clean when a wooden pick is inserted in center).
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:40.91, Glycemic Load:34.42, Inflammation Score:-4, Nutrition Score:6.2073913203633%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 281.38kcal (14.07%), Fat: 7.29g (11.22%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 51.2g (18.62%), Sugar: 39.19g (43.54%), Cholesterol: 15.18mg (5.06%), Sodium: 168.82mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.62mg (6.21%), Protein: 4.03g (8.06%), Manganese: 0.29mg (14.33%), Phosphorus: 114.31mg (11.43%), Vitamin B2: 0.19mg (10.96%), Calcium: 108.78mg (10.88%), Copper: 0.22mg (10.83%), Fiber: 2.38g (9.5%), Selenium: 6.48µg (9.26%), Vitamin B1: 0.13mg (8.96%), Magnesium: 34.47mg (8.62%), Iron: 1.44mg (7.99%), Folate: 28.92µg (7.23%), Vitamin A: 282.17IU (5.64%), Potassium: 184.82mg (5.28%), Vitamin B3: 1.04mg (5.22%), Zinc: 0.71mg (4.76%), Vitamin B12: 0.21µg (3.53%), Vitamin B5: 0.32mg (3.19%), Vitamin B6: 0.04mg (1.79%), Vitamin E: 0.22mg (1.45%), Vitamin D: 0.21µg (1.4%)