



Mocha Pudding Cake

 Vegetarian

READY IN



158 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 4 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons coffee instant
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

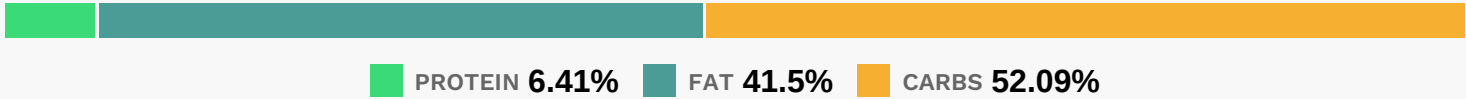
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Stir together all ingredients except ice cream in a large bowl.
- ☐ Pour into a lightly greased 3-quart slow cooker.
- ☐ Cover and cook on LOW 2 to 2 1/2 hours or until set around the edges but still soft in the center.
- ☐ Let stand, covered, 30 minutes.
- ☐ Serve warm with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:31.92, Inflammation Score:-4, Nutrition Score:7.5047826062402%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg, Epicatechin: 7.07mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 358.46kcal (17.92%), Fat: 17.09g (26.29%), Saturated Fat: 8.6g (53.75%), Carbohydrates: 48.28g (16.09%), Net Carbohydrates: 46.13g (16.78%), Sugar: 33.74g (37.49%), Cholesterol: 123.5mg (41.17%), Sodium: 200.99mg (8.74%), Alcohol: 0.34g (100%), Alcohol %: 0.45% (100%), Caffeine: 16.09mg (5.36%), Protein: 5.94g (11.87%), Manganese: 0.43mg (21.71%), Selenium: 13.99µg (19.99%), Vitamin B2: 0.22mg (12.76%), Copper: 0.22mg (11.05%),

Folate: 42.67µg (10.67%), Phosphorus: 106.41mg (10.64%), Vitamin B1: 0.16mg (10.59%), Iron: 1.79mg (9.94%),
Vitamin A: 491.82IU (9.84%), Fiber: 2.14g (8.56%), Magnesium: 29.74mg (7.43%), Vitamin B3: 1.14mg (5.71%), Zinc:
0.85mg (5.67%), Vitamin B5: 0.51mg (5.07%), Vitamin E: 0.66mg (4.37%), Vitamin B12: 0.25µg (4.11%), Potassium:
134.61mg (3.85%), Vitamin D: 0.5µg (3.33%), Vitamin B6: 0.06mg (3.09%), Calcium: 28.81mg (2.88%), Vitamin K:
1.37µg (1.3%)