



Mocha Pudding Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup flour all-purpose
- ☐ 1.5 tablespoons coffee instant
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 cup vanilla ice cream low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 6 tablespoons cocoa powder unsweetened divided

- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water boiling

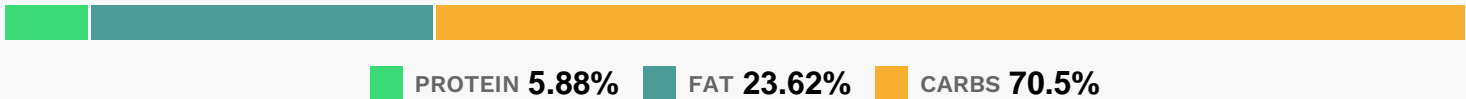
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 2/3 cup sugar, 1/4 cup cocoa, coffee granules, baking powder, and salt in a bowl.
- ☐ Combine milk, oil, and vanilla in a bowl; add to flour mixture, and stir well. Spoon batter into an 8-inch square baking dish coated with cooking spray.
- ☐ Combine 1/3 cup sugar and 2 tablespoons cocoa.
- ☐ Sprinkle over batter.
- ☐ Pour 1 cup boiling water over batter (do not stir).
- ☐ Bake at 350 for 30 minutes or until the 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.
- ☐ Note: This recipe is easy to double. Spoon into a 13 x 9-inch baking dish; bake at the same temperature and time.

Nutrition Facts



Properties

Glycemic Index:30.34, Glycemic Load:25.18, Inflammation Score:-3, Nutrition Score:5.4943478573924%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 224.52kcal (11.23%), Fat: 6.14g (9.45%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 39.59g (14.4%), Sugar: 26.71g (29.68%), Cholesterol: 5.22mg (1.74%), Sodium: 179.29mg (7.8%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Caffeine: 33.83mg (11.28%), Protein: 3.44g (6.88%), Manganese: 0.24mg (12.02%), Calcium: 104.57mg (10.46%), Phosphorus: 92.39mg (9.24%), Selenium: 6.04µg (8.63%), Vitamin B1: 0.13mg (8.54%), Vitamin B2: 0.14mg (8.43%), Vitamin K: 8.56µg (8.15%), Copper: 0.16mg (7.84%), Iron: 1.29mg (7.15%), Folate: 27.76µg (6.94%), Magnesium: 26.91mg (6.73%), Fiber: 1.66g (6.64%), Vitamin B3: 1.17mg (5.84%), Potassium: 152.3mg (4.35%), Zinc: 0.51mg (3.42%), Vitamin E: 0.41mg (2.7%), Vitamin B12: 0.16µg (2.66%), Vitamin A: 101.36IU (2.03%), Vitamin B5: 0.2mg (1.99%), Vitamin B6: 0.03mg (1.29%), Vitamin D: 0.16µg (1.07%)