



Praline Pudding Cake

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 cup brown sugar dark packed
- ☐ 1.3 cups flour all-purpose divided
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup milk 1% low-fat
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract

- ☐ 1.8 cups water boiling
- ☐ 2 cups non-dairy whipped topping fat-free frozen thawed

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Combine brown sugar and 1 tablespoon flour in a small bowl. Lightly spoon 1 1/4 cups flour into dry measuring cups; level with a knife.
- ☐ Combine with granulated sugar, 1/3 cup pecans, baking powder, and salt in a medium bowl; make a well in center of mixture.
- ☐ Combine milk, margarine, and vanilla in a bowl; add to flour mixture. Stir just until moist.
- ☐ Spread batter into an 8-inch square baking pan; sprinkle with brown sugar mixture.
- ☐ Pour boiling water over batter (do not stir).
- ☐ Bake at 350 for 35 minutes or until pudding is bubbly and cake springs back when touched lightly in center.
- ☐ Serve warm with whipped topping.
- ☐ Garnish with pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:24.27, Inflammation Score:-3, Nutrition Score:6.3078261707788%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 315.44kcal (15.77%), Fat: 7.42g (11.41%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 60.44g (20.15%), Net Carbohydrates: 59.4g (21.6%), Sugar: 42.78g (47.53%), Cholesterol: 3.74mg (1.25%), Sodium: 292.94mg (12.74%), Alcohol: 0.26g (100%), Alcohol %: 0.21% (100%), Protein: 3.55g (7.1%), Manganese: 0.35mg (17.7%), Calcium: 153.12mg (15.31%), Vitamin B1: 0.22mg (14.66%), Vitamin B2: 0.24mg (14.39%), Selenium: 8.03µg (11.47%), Folate: 40.47µg (10.12%), Phosphorus: 96.16mg (9.62%), Iron: 1.35mg (7.5%), Vitamin B3: 1.32mg (6.59%), Vitamin B12: 0.37µg (6.18%), Copper: 0.11mg (5.32%), Fiber: 1.04g (4.17%), Magnesium: 16.04mg (4.01%), Vitamin A: 189.46IU (3.79%), Potassium: 113.92mg (3.25%), Zinc: 0.48mg (3.19%), Vitamin B6: 0.06mg (2.95%), Vitamin B5: 0.21mg (2.08%), Vitamin E: 0.2mg (1.36%), Vitamin D: 0.16µg (1.08%)