



Saucy Mocha Pudding Cake

READY IN



55 min.

SERVINGS



9

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon espresso powder dry instant ()
- ☐ 1.5 cups milk fat-free (skim) (120°F to 130°F)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons cocoa powder unsweetened

☐ 1 teaspoon vanilla

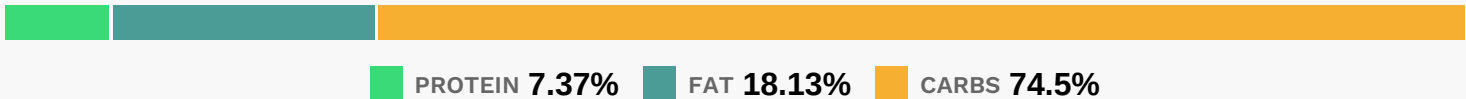
Equipment

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

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix flour, 3/4 cup sugar, 2 tablespoons cocoa, 1 tablespoon espresso coffee, the baking powder and salt. Stir in all remaining cake ingredients until well blended; spread in ungreased 9-inch square pan.
- ☐ In small bowl, mix all pudding ingredients except milk; sprinkle evenly over cake batter.
- ☐ Pour very warm milk over sugar mixture.
- ☐ Bake 35 to 45 minutes or until center is set and firm to the touch. If desired, place foil or cookie sheet on lower oven rack under cake to catch any spills. To serve, spoon warm cake into dessert dishes. If desired, top with frozen yogurt and/or raspberries.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:26.21, Inflammation Score:-3, Nutrition Score:5.0969564530027%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 204.71kcal (10.24%), Fat: 4.21g (6.48%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 38.06g (13.84%), Sugar: 24.94g (27.72%), Cholesterol: 5.29mg (1.76%), Sodium: 251.12mg (10.92%),

Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Caffeine: 6.04mg (2.01%), Protein: 3.85g (7.71%), Calcium: 112.63mg (11.26%), Vitamin B1: 0.17mg (11.19%), Selenium: 7.24µg (10.34%), Vitamin B2: 0.17mg (9.9%), Phosphorus: 98.23mg (9.82%), Manganese: 0.17mg (8.36%), Folate: 32.43µg (8.11%), Iron: 1.05mg (5.84%), Vitamin B3: 1.14mg (5.71%), Vitamin B12: 0.3µg (5.03%), Magnesium: 16.57mg (4.14%), Vitamin A: 204.93IU (4.1%), Vitamin D: 0.6µg (3.98%), Potassium: 125.7mg (3.59%), Fiber: 0.88g (3.52%), Copper: 0.07mg (3.5%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.28mg (2.82%), Vitamin B6: 0.04mg (2.1%)