



Skinny Chocolate-Almond Pudding Cake

 Vegetarian

READY IN



90 min.

SERVINGS



9

CALORIES



248 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 0.3 cup almonds chopped toasted
- 0.3 cup cocoa powder unsweetened
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup skim milk fat-free (skim)
- 2 tablespoons canola oil

- 2 teaspoons vanilla
- 0.3 teaspoon almond extract
- 0.8 cup brown sugar packed
- 0.3 cup cocoa powder unsweetened
- 1.8 cups water
- 1 serving vanilla ice cream reduced-fat

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In medium bowl, mix flour, granulated sugar, almonds, 1/4 cup cocoa, the baking powder and salt. Stir in milk, oil, vanilla and almond extract until blended.
- Spread batter in pan.
- In 1-quart saucepan, mix brown sugar and 1/4 cup cocoa with wire whisk. Stir in water.
- Heat just to boiling, stirring occasionally.
- Pour over batter.
- Bake 35 to 40 minutes or until center is set. Cool 30 minutes before serving.
- To serve, spoon warm cake into individual dessert bowls; spoon pudding from baking dish over cake.
- Serve with ice cream.

Nutrition Facts



■ PROTEIN 6.3% ■ FAT 21.88% ■ CARBS 71.82%

Properties

Glycemic Index:35.15, Glycemic Load:16.79, Inflammation Score:-3, Nutrition Score:6.8743477486398%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 247.57kcal (12.38%), Fat: 6.34g (9.75%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 46.8g (15.6%), Net Carbohydrates: 44.14g (16.05%), Sugar: 31.85g (35.38%), Cholesterol: 2.69mg (0.9%), Sodium: 179.6mg (7.81%), Alcohol: 0.34g (100%), Alcohol %: 0.35% (100%), Caffeine: 10.99mg (3.66%), Protein: 4.11g (8.21%), Manganese: 0.38mg (19.22%), Copper: 0.26mg (13.07%), Calcium: 119.54mg (11.95%), Phosphorus: 112.71mg (11.27%), Magnesium: 42.91mg (10.73%), Fiber: 2.67g (10.67%), Vitamin E: 1.58mg (10.56%), Vitamin B2: 0.17mg (9.87%), Iron: 1.71mg (9.49%), Selenium: 6.28µg (8.98%), Vitamin B1: 0.13mg (8.87%), Folate: 29.66µg (7.41%), Vitamin B3: 1.12mg (5.6%), Potassium: 183.17mg (5.23%), Zinc: 0.68mg (4.55%), Vitamin K: 2.41µg (2.3%), Vitamin B5: 0.21mg (2.05%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.04mg (1.83%), Vitamin A: 65.64IU (1.31%), Vitamin D: 0.16µg (1.05%)