



Slow Cooker Gooey Brownie Cake

READY IN



190 min.

SERVINGS



8

CALORIES



560 kcal

DESSERT

Ingredients

- 0.5 cup semisweet chocolate chunks
- 3 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 8 servings kosher salt
- 1.5 cups sugar
- 1.5 sticks butter unsalted melted plus more for greasing insert
- 0.7 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract pure
- 8 servings whipped cream for serving

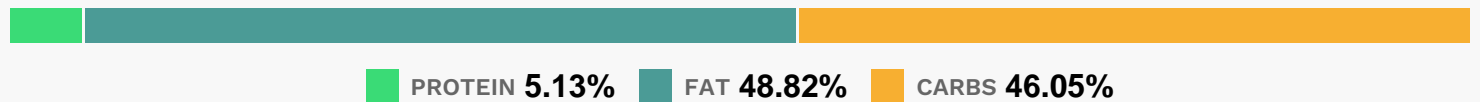
Equipment

- bowl
- whisk
- aluminum foil
- slow cooker

Directions

- Line the insert of a 4- or 6-quart slow cooker with a large piece of foil, then generously butter the foil.
- Whisk together the melted butter, sugar, cocoa powder, flour, eggs, vanilla and 1/2 teaspoon salt in a medium bowl. Fold in the chocolate chunks. Scrape the batter out into the prepared insert in an even layer. Cover and cook on low for 3 hours; the cake should be set around the edges and gooey in the center.
- Serve the cake warm, scooped into a bowl and topped with ice cream.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:38.27, Inflammation Score:-6, Nutrition Score:10.697826166516%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 559.79kcal (27.99%), Fat: 31.57g (48.57%), Saturated Fat: 18.95g (118.42%), Carbohydrates: 66.99g (22.33%), Net Carbohydrates: 62.87g (22.86%), Sugar: 55.72g (61.91%), Cholesterol: 145mg (48.33%), Sodium: 278.67mg (12.12%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 25.89mg (8.63%), Protein: 7.47g (14.93%), Manganese: 0.47mg (23.5%), Copper: 0.45mg (22.54%), Phosphorus: 198.21mg (19.82%), Vitamin A: 914.05IU (18.28%), Vitamin B2: 0.31mg (18.07%), Magnesium: 68.14mg (17.03%), Fiber: 4.13g (16.52%), Selenium: 11.09µg (15.84%), Iron: 2.34mg (13.01%), Calcium: 117.35mg (11.74%), Zinc: 1.54mg (10.24%), Potassium: 340.35mg (9.72%), Vitamin B12: 0.48µg (8%), Vitamin B5: 0.77mg (7.68%), Vitamin E: 0.96mg (6.41%), Folate: 24.57µg (6.14%),

Vitamin B1: 0.09mg (5.71%), Vitamin D: 0.82µg (5.5%), Vitamin B6: 0.08mg (3.94%), Vitamin B3: 0.66mg (3.29%),
Vitamin K: 2.72µg (2.59%)