



Slow Cooker Hot Fudge Pudding Cake

READY IN



160 min.

SERVINGS



4

CALORIES



605 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 6 tablespoons cocoa powder cocoa unsweetened divided
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 4 servings whipped cream
- ☐ 2 tablespoons vegetable oil melted

- ☐ 1.5 cups water hot
- ☐ 0.5 cup milk whole

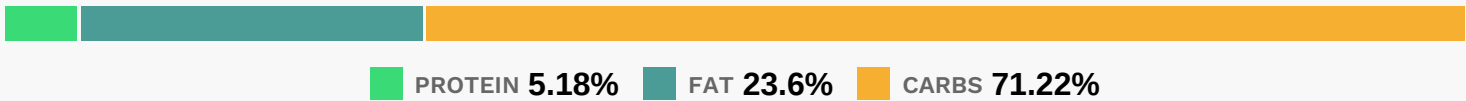
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ slow cooker

Directions

- ☐ Butter the bottom third of a 2 1/2 to 3 quart slow cooker.In a medium size mixing bowl, stir together the flour, granulated sugar, 2 tablespoons of the cocoa powder, baking powder, and salt. Stir in milk, oil, and vanilla.
- ☐ Spread batter evenly in slow cooker.In the same bowl you used for that mixture, combine the brown sugar and remaining 4 tablespoons cocoa. Stir in hot water until smooth.
- ☐ Pour evenly over batter in slow cooker. Cover and cook on high heat setting for about 2 1/2 hours.When ready to serve, spoon ice cream into bowls, keeping all the ice cream cold as you serve each portion. With a big spoon, scoop up cake and sauce and set next to the ice cream

Nutrition Facts



Properties

Glycemic Index:84.02, Glycemic Load:45.33, Inflammation Score:-6, Nutrition Score:13.248695807612%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 605.16kcal (30.26%), Fat: 16.46g (25.32%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 111.73g (37.24%), Net Carbohydrates: 107.63g (39.14%), Sugar: 80.77g (89.74%), Cholesterol: 32.7mg (10.9%), Sodium: 585.61mg (25.46%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 17.25mg (5.75%), Protein: 8.13g (16.25%), Calcium: 291.34mg (29.13%), Manganese: 0.54mg (27.12%), Phosphorus: 235.13mg (23.51%), Vitamin B2: 0.38mg

(22.46%), Selenium: 14.3µg (20.43%), Vitamin B1: 0.3mg (20.03%), Copper: 0.38mg (19.11%), Iron: 3.11mg (17.29%), Fiber: 4.1g (16.41%), Folate: 64.48µg (16.12%), Magnesium: 62.61mg (15.65%), Vitamin K: 13.08µg (12.46%), Vitamin B3: 2.2mg (11.02%), Potassium: 382.52mg (10.93%), Zinc: 1.34mg (8.93%), Vitamin B5: 0.71mg (7.11%), Vitamin B12: 0.42µg (7.03%), Vitamin A: 327.27IU (6.55%), Vitamin E: 0.8mg (5.31%), Vitamin B6: 0.09mg (4.52%), Vitamin D: 0.47µg (3.12%)