



Slow-Cooker Hot Fudge Sundae Cake

 Vegetarian

READY IN



205 min.

SERVINGS



6

CALORIES



383 kcal

DESSERT

Ingredients

- 0.3 cup cocoa powder
- 2 tablespoons cocoa powder
- 2 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 0.5 cup milk
- 0.5 cup nuts chopped

- 0.5 teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons vegetable oil
- 1.5 cups water hot

Equipment

- bowl
- toothpicks
- slow cooker

Directions

- Spray inside of 2- to 3 1/2-quart slow cooker with cooking spray.
- Mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder and salt in medium bowl. Stir in milk, oil and vanilla until smooth. Stir in nuts.
- Spread batter evenly in slow cooker.
- Mix brown sugar and 1/4 cup cocoa in small bowl. Stir in hot water until smooth.
- Pour evenly over batter in slow cooker.
- Cover and cook on high heat setting 2 hours to 2 hours 30 minutes or until toothpick inserted in center comes out clean.
- Turn off slow cooker.
- Let cake stand uncovered 30 to 40 minutes to cool slightly before serving. Spoon warm cake into dessert dishes. Spoon sauce over top. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturers directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:50.79, Glycemic Load:24.42, Inflammation Score:-4, Nutrition Score:9.5204348718019%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Epicatechin: 10.31mg, Epicatechin: 10.31mg, Epicatechin: 10.31mg, Epicatechin: 10.31mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 382.65kcal (19.13%), Fat: 12.34g (18.98%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 66.96g (22.32%), Net Carbohydrates: 63.37g (23.04%), Sugar: 44.52g (49.47%), Cholesterol: 2.44mg (0.81%), Sodium: 356.69mg (15.51%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Caffeine: 12.07mg (4.03%), Protein: 5.96g (11.91%), Manganese: 0.6mg (29.86%), Copper: 0.41mg (20.35%), Phosphorus: 164.13mg (16.41%), Magnesium: 63.73mg (15.93%), Calcium: 146.56mg (14.66%), Fiber: 3.59g (14.35%), Iron: 2.49mg (13.86%), Vitamin B1: 0.2mg (13.54%), Selenium: 8.63µg (12.33%), Folate: 46.08µg (11.52%), Vitamin B2: 0.17mg (10.08%), Vitamin B3: 1.96mg (9.81%), Vitamin K: 8.59µg (8.18%), Zinc: 1.06mg (7.07%), Potassium: 242.43mg (6.93%), Vitamin B6: 0.07mg (3.74%), Vitamin B5: 0.36mg (3.62%), Vitamin E: 0.4mg (2.66%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)