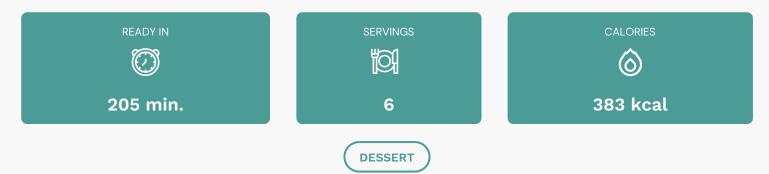


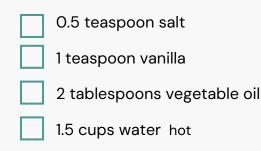
# **Slow-Cooker Hot Fudge Sundae Cake**

🕭 Vegetarian



## 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



## 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**

protein 5.92% 🚺 fat 27.57% 📒 carbs 66.51%

#### 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 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%)