



Southern Heaven Chocolate-Praline Cake

READY IN



51 min.

SERVINGS



16

CALORIES



653 kcal

DESSERT

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 1.5 cups butter divided
- ☐ 4 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 2.8 cups marshmallows miniature
- ☐ 0.5 cup milk
- ☐ 2 cups pecan halves

- ☐ 16 ounce powdered sugar
- ☐ 1 pinch salt
- ☐ 1 cup cocoa unsweetened divided
- ☐ 1 teaspoon vanilla extract

Equipment

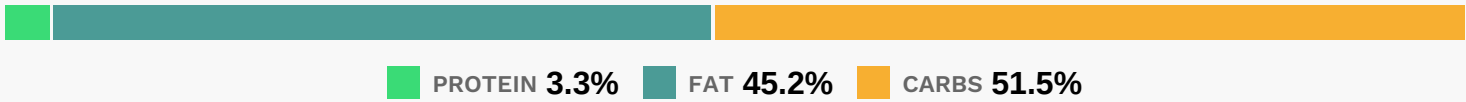
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Combine 1/2 cup butter and brown sugar in a medium saucepan over medium heat. Bring to a boil; boil 3 minutes, stirring constantly. Stir in pecans. Working rapidly, drop individual pecan halves onto wax paper; let stand until cooled and firm. Set aside 16 pecans for garnish; coarsely chop remaining pecans.
- ☐ Melt 1 cup butter in a large saucepan over medium heat; stir in 1/2 cup cocoa until combined.
- ☐ Remove from heat; whisk in eggs and granulated sugar.
- ☐ Combine flour and salt; gradually stir into chocolate mixture. Stir in vanilla and chopped sugar-coated pecans.
- ☐ Pour batter into a greased 13- x 9-inch pan.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted into center comes out clean.
- ☐ Remove from oven; immediately sprinkle marshmallows over hot cake.
- ☐ Beat 1/2 cup melted butter, remaining 1/2 cup cocoa, and milk with an electric mixer at medium speed.
- ☐ Add powdered sugar; beat at low speed until smooth.
- ☐ Spread immediately over marshmallows.

Garnish with reserved sugared pecans. Cool cake in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:28.34, Inflammation Score:-6, Nutrition Score:9.6139130559952%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg, Epicatechin: 10.66mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 653.15kcal (32.66%), Fat: 34.3g (52.77%), Saturated Fat: 16.34g (102.12%), Carbohydrates: 87.94g (29.31%), Net Carbohydrates: 84.44g (30.7%), Sugar: 72.04g (80.05%), Cholesterol: 108.42mg (36.14%), Sodium: 218.45mg (9.5%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Caffeine: 12.36mg (4.12%), Protein: 5.64g (11.27%), Manganese: 0.86mg (42.95%), Copper: 0.4mg (19.84%), Vitamin A: 795.87IU (15.92%), Selenium: 10.11µg (14.44%), Fiber: 3.5g (14.01%), Phosphorus: 126.9mg (12.69%), Vitamin B1: 0.19mg (12.58%), Magnesium: 48.8mg (12.2%), Iron: 1.98mg (10.98%), Vitamin B2: 0.17mg (10.28%), Zinc: 1.24mg (8.27%), Folate: 32.84µg (8.21%), Vitamin E: 0.98mg (6.53%), Potassium: 200.63mg (5.73%), Calcium: 52.72mg (5.27%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.44mg (4.42%), Vitamin B6: 0.07mg (3.51%), Vitamin B12: 0.2µg (3.34%), Vitamin K: 2.65µg (2.52%), Vitamin D: 0.33µg (2.23%)