



Tunnel of Fudge Cake IV

READY IN



75 min.

SERVINGS



10

CALORIES



755 kcal

DESSERT

Ingredients

- 0.8 cup powdered sugar
- 6 eggs
- 2.3 cups flour all-purpose
- 1.8 cups butter softened
- 2 tablespoons milk
- 0.3 cup cocoa powder unsweetened
- 2 cups walnut pieces chopped
- 1.8 cups granulated sugar white

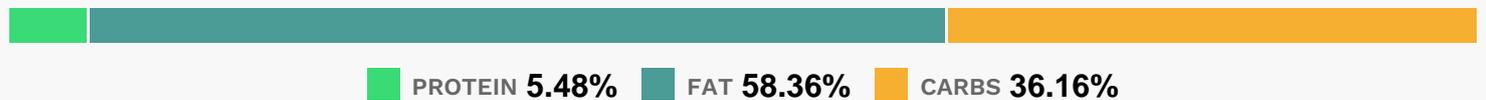
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- kugelhopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- In a large bowl, cream together the butter and white sugar until light and fluffy. Beat in the eggs one at a time. Gradually blend in 2 cups confectioners' sugar. Beat in the flour and 3/4 cup cocoa powder. Stir in the chopped walnuts.
- Pour batter into prepared pan.
- Bake in the preheated oven for 60 to 65 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Let cool in pan for 1 hour, then turn out onto a wire rack and cool completely.
- For the glaze: In a small bowl, combine 3/4 cup confectioners' sugar and 1/4 cup cocoa. Stir in milk, a tablespoon at a time, until desired drizzling consistency is achieved. Spoon over cake.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:40.34, Inflammation Score:-8, Nutrition Score:14.480434574511%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 755.25kcal (37.76%), Fat: 50.52g (77.73%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 70.44g (23.48%), Net Carbohydrates: 67.32g (24.48%), Sugar: 44.7g (49.66%), Cholesterol: 98.57mg (32.86%), Sodium: 415.25mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.95mg (1.65%), Protein: 10.67g (21.33%), Manganese: 1.08mg (54.12%), Vitamin A: 1573.06IU (31.46%), Selenium: 19.41µg (27.73%), Copper: 0.52mg (25.81%), Folate: 87.89µg (21.97%), Vitamin B1: 0.32mg (21.23%), Vitamin B2: 0.33mg (19.24%), Phosphorus: 191.56mg (19.16%), Iron: 2.77mg (15.39%), Magnesium: 58.61mg (14.65%), Fiber: 3.12g (12.49%), Vitamin E: 1.69mg (11.29%), Vitamin B3: 2mg (10.01%), Vitamin B6: 0.19mg (9.54%), Zinc: 1.42mg (9.49%), Vitamin B5: 0.71mg (7.11%), Potassium: 224.46mg (6.41%), Calcium: 60.73mg (6.07%), Vitamin B12: 0.29µg (4.85%), Vitamin D: 0.56µg (3.74%)