



Wilmington Island Marsh Mud Cake

READY IN



45 min.

SERVINGS



20

CALORIES



449 kcal

DESSERT

Ingredients

- 0.5 cup butter softened (1 stick)
- 1 cup butter melted for greasing pan (2 sticks)
- 0.3 cup cocoa
- 0.5 cup cocoa
- 4 eggs beaten
- 1.5 cups flour all-purpose
- 16 ounce brown sugar light
- 10.5 ounce marshmallows miniature
- 0.5 cup milk

- 1.5 cups pecans chopped
- 0.1 teaspoon salt fine
- 2 cups sugar
- 1 teaspoon vanilla extract
- 1 teaspoon vanilla extract pure

Equipment

- frying pan
- oven
- mixing bowl
- blender
- hand mixer
- spatula

Directions

- Preheat the oven to 350 degrees F.
- Grease a 13 by 9 by 2-inch pan with butter.
- In a large mixing bowl, stir together the cocoa and the melted butter.
- Add the eggs, flour, granulated sugar, salt, and vanilla. Beat well with a hand-held electric mixer.
- Add nuts, stirring with a rubber spatula.
- Pour batter into the prepared pan.
- Bake for 35 minutes.
- While cake is baking, prepare the frosting. Beat the brown sugar and butter.
- Add the cocoa and beat. Stir in the scalded milk and vanilla together in a mixing bowl and beat with the hand-held mixer until smooth. Set aside.
- Remove the cake from the oven, and pour the marshmallows over the cake while it is still hot.
- Pour the frosting over the marshmallows.
- Let cool slightly before cutting into pieces.

Nutrition Facts

PROTEIN 3.55% FAT 41.03% CARBS 55.42%

Properties

Glycemic Index:17.68, Glycemic Load:26.6, Inflammation Score:-4, Nutrition Score:6.8195652436951%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 448.76kcal (22.44%), Fat: 21.4g (32.93%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 65.04g (21.68%), Net Carbohydrates: 62.66g (22.79%), Sugar: 51.33g (57.03%), Cholesterol: 70.07mg (23.36%), Sodium: 158.25mg (6.88%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.17g (8.34%), Manganese: 0.59mg (29.47%), Copper: 0.28mg (14.03%), Selenium: 7.63µg (10.91%), Vitamin A: 487.43IU (9.75%), Fiber: 2.38g (9.51%), Vitamin B1: 0.14mg (9.22%), Phosphorus: 88.86mg (8.89%), Magnesium: 34.35mg (8.59%), Iron: 1.5mg (8.35%), Vitamin B2: 0.12mg (7.31%), Folate: 25.12µg (6.28%), Zinc: 0.85mg (5.66%), Calcium: 47.76mg (4.78%), Potassium: 155.3mg (4.44%), Vitamin E: 0.61mg (4.09%), Vitamin B3: 0.79mg (3.93%), Vitamin B5: 0.33mg (3.28%), Vitamin B6: 0.05mg (2.73%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.24µg (1.62%), Vitamin K: 1.64µg (1.56%)