

Hot Fudge Pudding Cake

Serve this dense, fudgy pudding cake
with vanilla frozen yogurt.



Ingredients

- 1 cup all-purpose flour
- 1/3 cup sugar
- 1/4 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup nonfat milk
- 1 large egg, lightly beaten
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/4 cup pecan halves, toasted
- 3/4 cup brown sugar
- 1 1/3 cups hot strong coffee

Instructions

1. Preheat oven to 375°F. Lightly coat an 8-by-8-inch baking dish with cooking spray.
2. Stir together flour, sugar, cocoa, baking powder and salt in a large bowl. Combine milk, egg, oil and vanilla in a glass measuring cup. Make a well in center of the dry ingredients and gradually pour in the milk mixture, stirring until combined. Stir in pecans. Spoon into the prepared pan and spread evenly.
3. Dissolve brown sugar in coffee; spoon over batter. Bake until a toothpick inserted in center comes out clean, about 25 minutes. Let stand for 10 minutes; serve hot or warm.

Yield:
12 servings

Active Time:
20 minutes

Total Time:
1 hour

Nutrition Per Serving

144 Calories, Total Fat: 4 g, Saturated Fat: 0 g, Cholesterol: 15 mg, Carbohydrates: 24 g, Fiber: 1 g, Total Sugars: 15 g, Added Sugars: 14 g, Protein: 2 g, Sodium: 192 mg, Potassium: 94 mg, Iron: 1 mg, Folate: 34 mcg, Calcium: 73 mg, Vitamin A: 25 IU, Vitamin C: 0 mg

Carbohydrate Servings: 1 1/2