

# Hot Fudge Cake

*Silas Griffith Inn - Danby, VT*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 10

*2 cups flour*  
*4 teaspoons baking powder*  
*1 teaspoon salt*  
*1 1/3 cups sugar*  
*6 tablespoons + 1/2 cup unsweetened cocoa powder*  
*1 cup milk*  
*2 teaspoons vanilla*  
*4 tablespoons butter or margarine, melted*  
*1 cup chopped walnuts*  
*2 cups packed brown sugar*  
*3 cups boiling water*

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Preheat the oven to 350 degrees.

In a bowl, combine the flour, baking powder, salt, sugar and six tablespoons of cocoa. Add the milk, vanilla and butter. Beat until smooth. Add the nuts.

Spread the batter in a greased 13x9-inch baking dish.

In a bowl, mix together the brown sugar and one-half cup of cocoa. Sprinkle over the batter. Pour the boiling water over the batter.

Bake for 50 minutes.

The top layer will be cake and the bottom layer will be pudding.

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Per Serving (excluding unknown items): 613 Calories; 20g Fat (24.6% calories from fat); 17g Protein; 120g Carbohydrate; 18g Dietary Fiber; 16mg Cholesterol; 498mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 4 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	613	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	24.6%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	66.2%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	9.2%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	20g	<b>Folacin (mcg):</b>	33mcg
<b>Saturated Fat (g):</b>	8g	<b>Niacin (mg):</b>	3mg

Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	16mg
Carbohydrate (g):	120g
Dietary Fiber (g):	18g
Protein (g):	17g
Sodium (mg):	498mg
Potassium (mg):	1070mg
Calcium (mg):	256mg
Iron (mg):	10mg
Zinc (mg):	4mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	251IU
Vitamin A (r.e.):	57RE

Caffeine (mg):	119mg
Alcohol (kcal):	3
% Refuse:	n n%

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### Food Exchanges

Grain (Starch):	3
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	4 1/2

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

<b>Calories</b> 613	Calories from Fat: 151
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### % Daily Values\*

<b>Total Fat</b> 20g	30%
Saturated Fat 8g	40%
<b>Cholesterol</b> 16mg	5%
<b>Sodium</b> 498mg	21%
<b>Total Carbohydrates</b> 120g	40%
Dietary Fiber 18g	74%
<b>Protein</b> 17g	
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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	1%
<b>Calcium</b>	26%
<b>Iron</b>	54%

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\* Percent Daily Values are based on a 2000 calorie diet.