

Mocha Pudding

Mrs. Dean M. Moseley

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

Servings: 8

CHOCOLATE BATTER

3/4 cup sugar

1 cup flour, sifted

2 teaspoons baking powder

1/4 teaspoon salt

1/4 cup cocoa

1/2 cup butter

1/2 cup milk

1 teaspoon vanilla

TOPPING

1/2 cup sugar

1/4 cup brown sugar

1/4 cup cocoa

1 cup hot strong coffee

whipped cream (optional)

Preheat the oven to 350 degrees.

In a bowl, sift together the sugar, flour, baking powder, salt and cocoa.

Melt the butter. Mix into the bowl of dry ingredients. Add the milk and vanilla. Beat until smooth. Pour into a nine-inch-square baking pan.

Make the topping: In a bowl, mix the sugar, brown sugar and cocoa. Sprinkle over the batter. Pour the hot coffee over the top.

Bake in the oven for 40 minutes.

Top with whipped cream, if desired.

Good served hot or cold with or without the whipped cream.

Per Serving (excluding unknown items): 320 Calories; 13g Fat (34.6% calories from fat); 3g Protein; 52g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 317mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	320	Vitamin B6 (mg):	trace
% Calories from Fat:	34.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	61.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 13g
Saturated Fat (g): 8g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 33mg
Carbohydrate (g): 52g
Dietary Fiber (g): 2g
Protein (g): 3g
Sodium (mg): 317mg
Potassium (mg): 142mg
Calcium (mg): 103mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 454IU
Vitamin A (r.e.): 113RE

Folacin (mcg): 7mcg
Niacin (mg): 1mg
Caffeine (mg): 12mg
Alcohol (kcal): 2
% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 320 **Calories from Fat:** 111

% Daily Values*

Total Fat	13g	20%
Saturated Fat	8g	40%
Cholesterol	33mg	11%
Sodium	317mg	13%
Total Carbohydrates	52g	17%
Dietary Fiber	2g	9%
Protein	3g	
Vitamin A		9%
Vitamin C		0%
Calcium		10%
Iron		10%

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