

Amazing Slow Cooker Chocolate Cake

 Vegetarian

READY IN



230 min.

SERVINGS



10

CALORIES



297 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 2 eggs
- 1.8 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 0.8 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

- 0.5 cup vegetable oil
- 1 cup water boiling
- 2 cups granulated sugar white

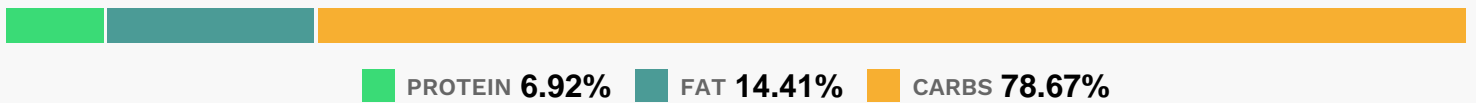
Equipment

- bowl
- whisk
- slow cooker

Directions

- Spray crock of a large slow cooker with cooking spray.
- In a medium bowl, whisk the sugar, flour, cocoa, baking soda, baking powder and salt. In a separate small bowl, whisk together the eggs, milk, oil and vanilla until well combined.
- Whisk in the boiling water.
- Pour the wet ingredients into the dry and mix well.
- Pour the cake batter into the prepared slow cooker.
- Set slow cooker to "Low". Cook until cake has no wet spots on top and has pulled away from the sides of the crock, about 3 hours. Turn off slow cooker and allow cake to rest for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:40.59, Inflammation Score:-4, Nutrition Score:7.8717391594597%

Flavonoids

Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 297.45kcal (14.87%), Fat: 5.02g (7.73%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 61.74g (20.58%), Net Carbohydrates: 58.76g (21.37%), Sugar: 41.4g (46%), Cholesterol: 35.66mg (11.89%), Sodium: 485.52mg (21.11%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Caffeine: 14.84mg (4.95%), Protein: 5.43g (10.87%), Manganese: 0.4mg (20.21%), Selenium: 11.75µg (16.78%), Copper: 0.29mg (14.5%), Vitamin B1: 0.19mg (12.93%), Phosphorus: 126.23mg (12.62%), Vitamin B2: 0.21mg (12.11%), Iron: 2.15mg (11.97%), Fiber: 2.98g (11.91%), Folate: 46.23µg (11.56%), Magnesium: 41.48mg (10.37%), Calcium: 83.07mg (8.31%), Vitamin B3: 1.47mg (7.34%), Zinc: 0.81mg (5.43%), Potassium: 172.34mg (4.92%), Vitamin K: 4.34µg (4.13%), Vitamin B12: 0.21µg (3.5%), Vitamin B5: 0.34mg (3.38%), Vitamin D: 0.44µg (2.96%), Vitamin B6: 0.05mg (2.36%), Vitamin E: 0.3mg (2.02%), Vitamin A: 87.05IU (1.74%)