



## Aunt Joyce's Chocolate Cake

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



15

CALORIES



329 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 3 cups flour all-purpose
- 1 cup mayonnaise
- 1 teaspoon salt
- 3 ounce chocolate unsweetened chopped
- 2 tablespoons vanilla extract
- 2 tablespoons vinegar
- 2 cups warm water

2 cups sugar white

## Equipment

frying pan

oven

mixing bowl

double boiler

toothpicks

microwave

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Melt the chocolate in a double boiler or in the microwave.

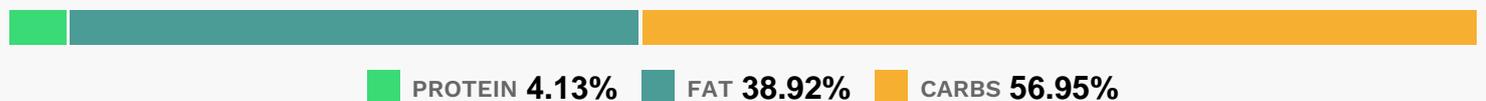
Pour the melted chocolate into a large mixing bowl. Blend in the mayonnaise, vinegar and vanilla.

Combine the flour, sugar, baking soda, and salt and gradually stir into the chocolate mixture. Slowly stir in the warm water.

Pour batter into prepared pan.

Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

## Nutrition Facts



## Properties

Glycemic Index:16.34, Glycemic Load:32.46, Inflammation Score:-3, Nutrition Score:6.7952174058427%

## Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

## Nutrients (% of daily need)

Calories: 329kcal (16.45%), Fat: 14.47g (22.26%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 46.02g (16.73%), Sugar: 27.04g (30.04%), Cholesterol: 6.27mg (2.09%), Sodium: 399.68mg (17.38%), Alcohol: 0.6g (100%), Alcohol %: 0.7% (100%), Caffeine: 4.54mg (1.51%), Protein: 3.46g (6.92%), Vitamin K: 24.97µg (23.78%), Manganese: 0.41mg (20.72%), Vitamin B1: 0.21mg (13.75%), Selenium: 9.45µg (13.5%), Iron: 2.2mg (12.2%), Folate: 48.08µg (12.02%), Copper: 0.23mg (11.53%), Vitamin B2: 0.14mg (8.16%), Vitamin B3: 1.56mg (7.8%), Fiber: 1.62g (6.46%), Magnesium: 24.74mg (6.18%), Phosphorus: 53.01mg (5.3%), Zinc: 0.75mg (5.01%), Vitamin E: 0.53mg (3.52%), Potassium: 79.97mg (2.28%), Vitamin B5: 0.15mg (1.45%), Calcium: 12.3mg (1.23%)