



BAKER'S ONE BOWL Cake

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



215 kcal

DESSERT

Ingredients

- 0.5 tsp baking soda
- 1 cup poached berries mixed fresh (blueberries and raspberries)
- 6 Tbsp butter
- 15 servings warm chocolate glaze (see Tip)
- 2 eggs
- 1.3 cups flour divided
- 3 oz baker's semi-sweet chocolate
- 0.8 cup sugar

- 1 tsp vanilla
- 0.8 cup water

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; beat with mixer until blended.
- Add eggs, 1 at a time, beating after each until blended. Beat in vanilla.
- Add 1/4 cup flour and baking soda; mix well. Gradually beat in remaining flour alternately with water.
- Pour into greased and floured 9-inch round pan.
- Bake 30 min. or until toothpick inserted in center comes out clean. Cool 10 min.; remove from pan. Cool completely on wire rack.
- Drizzle with Chocolate Glaze and top with berries just before serving.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:12.73, Inflammation Score:-3, Nutrition Score:3.4660869512869%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg Malvidin: 5.13mg, Malvidin: 5.13mg, Malvidin: 5.13mg, Malvidin: 5.13mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 215.13kcal (10.76%), Fat: 7.52g (11.57%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 33.8g (12.29%), Sugar: 25.09g (27.87%), Cholesterol: 22.31mg (7.44%), Sodium: 105.59mg (4.59%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.32g (4.64%), Selenium: 6.03µg (8.61%), Manganese: 0.17mg (8.31%), Vitamin B1: 0.09mg (6.05%), Folate: 22.75µg (5.69%), Vitamin B2: 0.1mg (5.64%), Iron: 0.97mg (5.4%), Copper: 0.1mg (4.85%), Vitamin A: 241.68IU (4.83%), Phosphorus: 42mg (4.2%), Fiber: 1.01g (4.06%), Vitamin B3: 0.73mg (3.64%), Magnesium: 14.11mg (3.53%), Vitamin E: 0.32mg (2.16%), Zinc: 0.32mg (2.12%), Vitamin K: 2.15µg (2.05%), Potassium: 64.44mg (1.84%), Vitamin B5: 0.18mg (1.78%), Calcium: 13.91mg (1.39%), Vitamin B12: 0.08µg (1.26%), Vitamin B6: 0.02mg (1.2%)