



## BAKER'S ONE BOWL Chocolate-Strawberry Cake

READY IN



105 min.

SERVINGS



10

CALORIES



291 kcal

DESSERT

### Ingredients

- 0.5 tsp baking soda
- 6 Tbsp butter
- 2 eggs
- 1.3 cups flour divided
- 1.5 cups cool whip dips strawberry cr me thawed
- 5 squares baker's semi-sweet chocolate divided
- 1 cup strawberries sliced
- 0.8 cup sugar

- 1 tsp vanilla
- 0.8 cup water

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form
- microwave

## Directions

- Preheat oven to 350F.
- Place 3 of the chocolate squares and the butter in large microwaveable bowl. Microwave on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Stir in sugar and vanilla until well blended.
- Add eggs, 1 at a time, beating with electric mixer on low speed after each addition until well blended.
- Add 1/4 cup of the flour and the baking soda; mix well.
- Add remaining 1 cup flour alternately with the water, beating until well blended after each addition.
- Pour evenly into 9-inch round cake pan sprayed with cooking spray.
- Bake 30 min. or until toothpick inserted in center comes out clean. Cool in pan 10 min.; remove from pan to wire rack. Cool completely. Top with the COOL WHIP DIPS and strawberries just before serving. Melt remaining 2 chocolate squares as directed on package; drizzle over cake.
- Let stand until chocolate is set. Store in refrigerator.

## Nutrition Facts

PROTEIN 5.57% FAT 42.22% CARBS 52.21%

## Properties

Glycemic Index:18.51, Glycemic Load:19.42, Inflammation Score:-4, Nutrition Score:6.9160869536193%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 291.25kcal (14.56%), Fat: 13.77g (21.18%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 36.44g (13.25%), Sugar: 22.74g (25.27%), Cholesterol: 35.38mg (11.79%), Sodium: 165.67mg (7.2%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Caffeine: 12.04mg (4.01%), Protein: 4.09g (8.18%), Manganese: 0.35mg (17.58%), Selenium: 9.66µg (13.8%), Vitamin B2: 0.2mg (11.97%), Copper: 0.22mg (10.84%), Vitamin C: 8.48mg (10.28%), Iron: 1.83mg (10.19%), Vitamin B1: 0.15mg (10.11%), Folate: 38.18µg (9.55%), Phosphorus: 83.76mg (8.38%), Magnesium: 32.39mg (8.1%), Vitamin A: 376.4IU (7.53%), Fiber: 1.87g (7.5%), Vitamin B3: 1.15mg (5.73%), Vitamin B12: 0.28µg (4.64%), Zinc: 0.65mg (4.35%), Potassium: 146.87mg (4.2%), Calcium: 33.65mg (3.37%), Vitamin E: 0.5mg (3.31%), Vitamin B5: 0.27mg (2.71%), Vitamin B6: 0.05mg (2.4%), Vitamin K: 1.43µg (1.36%), Vitamin D: 0.18µg (1.17%)