



Black Joe Cake



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 3 cups flour all-purpose
- ☐ 6 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 1 cup vegetable oil
- ☐ 2 tablespoons vinegar
- ☐ 2 cups water
- ☐ 2 cups sugar white

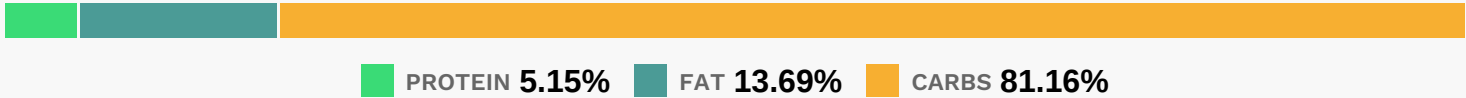
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ In a large bowl, sift together the flour, sugar, baking soda and cocoa. Measure and combine water, oil, vinegar and vanilla.
- ☐ Pour liquid ingredients into flour mixture and beat until smooth.
- ☐ Pour into prepared pan.
- ☐ Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:32.42, Inflammation Score:-2, Nutrition Score:4.6352173634197%

Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 225.07kcal (11.25%), Fat: 3.51g (5.4%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 46.83g (15.61%), Net Carbohydrates: 45.42g (16.51%), Sugar: 26.75g (29.72%), Cholesterol: 0mg (0%), Sodium: 148.75mg (6.47%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 4.6mg (1.53%), Protein: 2.97g (5.95%), Vitamin B1: 0.2mg (13.19%), Selenium: 8.93µg (12.76%), Manganese: 0.25mg (12.5%), Folate: 46.39µg (11.6%), Iron: 1.45mg (8.07%), Vitamin B2: 0.13mg (7.86%), Vitamin B3: 1.52mg (7.6%), Copper: 0.12mg (5.95%), Fiber: 1.41g (5.66%), Vitamin K: 5.47µg (5.21%), Phosphorus: 41.78mg (4.18%), Magnesium: 15.85mg (3.96%), Zinc: 0.32mg (2.12%), Vitamin E:

0.25mg (1.7%), Potassium: 58.12mg (1.66%), Vitamin B5: 0.11mg (1.15%)