



Boiled Chocolate Delight Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



494 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter softened
- 2 eggs
- 2.3 cups flour all-purpose
- 1.3 tablespoons ground cinnamon
- 1.5 cups milk
- 0.8 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

- 0.5 cup walnuts chopped
- 1.5 cups sugar white

Equipment

- bowl
- knife
- wire rack
- pot
- blender
- aluminum foil
- kugelhopf pan

Directions

- Thoroughly grease bottom and sides of a 2-quart heat proof mold or 9 inch bundt pan.
- Sprinkle with white sugar and tap out excess.
- In large mixer bowl, beat butter, sugar and vanilla until light and fluffy.
- Add eggs and blend well.
- In separate bowl, stir together flour, cocoa, cinnamon and baking soda; add to butter mixture alternately with milk until well blended. Stir in the chopped nuts.
- Spoon batter into a greased mold. Cover with piece of greased aluminum foil, greased side down. Fold down edges of foil around rim; fasten securely with string.
- Place a rack in la large kettle or pot; pour in water to top of rack.
- Heat water to boiling; place mold on rack. Reduce heat. Cover kettle and steam cake over simmering water for hour and 25 minutes or until cake tester inserted in center comes out clean. (
- Add water, as needed, during steaming to keep water at rack level.)
- Remove mold from kettle; cool 10 minutes on wire rack. Run tip of sharp knife around edges; invert on serving plate.
- Serve hot accompanied with sauces of your choice.

Nutrition Facts

PROTEIN 7.34% FAT 35.39% CARBS 57.27%

Properties

Glycemic Index:32.26, Glycemic Load:47.24, Inflammation Score:-6, Nutrition Score:13.9339130618%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 494.16kcal (24.71%), Fat: 20.38g (31.36%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 74.2g (24.73%), Net Carbohydrates: 69.08g (25.12%), Sugar: 40.26g (44.73%), Cholesterol: 76.91mg (25.64%), Sodium: 264.19mg (11.49%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Caffeine: 18.54mg (6.18%), Protein: 9.52g (19.03%), Manganese: 1.03mg (51.73%), Selenium: 18.52µg (26.46%), Copper: 0.49mg (24.51%), Vitamin B1: 0.35mg (23.24%), Folate: 82.14µg (20.53%), Fiber: 5.12g (20.48%), Vitamin B2: 0.34mg (19.84%), Phosphorus: 196.11mg (19.61%), Iron: 3.34mg (18.58%), Magnesium: 67.77mg (16.94%), Vitamin B3: 2.49mg (12.47%), Calcium: 101.8mg (10.18%), Vitamin A: 493.21IU (9.86%), Zinc: 1.4mg (9.33%), Potassium: 288.64mg (8.25%), Vitamin B12: 0.37µg (6.15%), Vitamin B5: 0.58mg (5.82%), Vitamin B6: 0.11mg (5.7%), Vitamin D: 0.72µg (4.82%), Vitamin E: 0.58mg (3.85%), Vitamin K: 2.06µg (1.96%)