



Cherry Chocolate Loaf Cake

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 0.8 cup very firmly brown sugar light packed
- ☐ 1.5 teaspoon cherry extract (Watkins)
- ☐ 1 cup extra chocolate chips dark
- ☐ 6 tablespoons cocoa power unsweetened (natural)
- ☐ 2 large eggs room temperature
- ☐ 4.5 oz flour all-purpose
- ☐ 1 cup maraschino cherries dry halved
- ☐ 0.5 cup strong coffee decoction black (or water)
- ☐ 4 oz butter unsalted softened

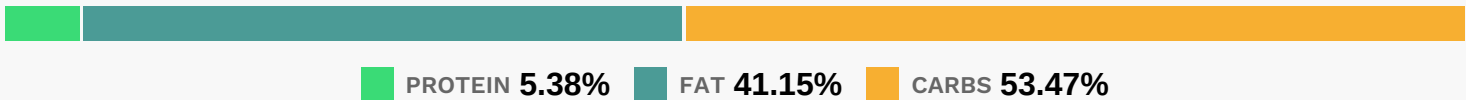
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F. Spray an 8 x4 inch or 9×5 inch loaf pan with flour-added baking spray.
- ☐ Mix the flour, cocoa powder, baking soda and salt together in a medium size bowl and set aside.In a large mixing bowl using an electric mixer, beat the butter and brown sugar for about two minutes or until light and creamy.
- ☐ Add the eggs and beat for 30 seconds after each egg. Beat in the cherry extract. By hand or using lowest speed of the mixer, stir in the flour mixture. Stir in the cherries and chocolate chips.
- ☐ Pour batter into pan and bake for 40 to 45 minutes or until a toothpick inserted in the center comes out with moist crumbs.
- ☐ Let cool for about 15 minutes in the pan, then turn onto a cooling rack and let cool completely.
- ☐ Serve dusted with powdered sugar

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:8.83, Inflammation Score:-4, Nutrition Score:8.3773913467708%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 7.42mg, Epicatechin: 7.42mg, Epicatechin: 7.42mg, Epicatechin: 7.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 435.51kcal (21.78%), Fat: 20.49g (31.52%), Saturated Fat: 14.54g (90.86%), Carbohydrates: 59.91g (19.97%), Net Carbohydrates: 56.27g (20.46%), Sugar: 39.44g (43.82%), Cholesterol: 77.2mg (25.73%), Sodium: 51.74mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.55mg (4.85%), Protein: 6.03g (12.06%), Selenium: 11.4µg (16.28%), Manganese: 0.31mg (15.45%), Fiber: 3.64g (14.56%), Copper: 0.27mg (13.52%), Calcium: 119.27mg (11.93%), Vitamin B2: 0.2mg (11.85%), Iron: 2.05mg (11.4%), Vitamin B1: 0.16mg (10.58%), Folate: 41.95µg (10.49%), Phosphorus: 103.6mg (10.36%), Zinc: 1.42mg (9.48%), Magnesium: 35.69mg (8.92%), Vitamin A: 437.88IU (8.76%), Potassium: 280.09mg (8%), Vitamin B3: 1.33mg (6.63%), Vitamin E: 0.84mg (5.62%), Vitamin B5: 0.54mg (5.38%), Vitamin B6: 0.07mg (3.65%), Vitamin B12: 0.2µg (3.31%), Vitamin K: 3.38µg (3.22%), Vitamin D: 0.46µg (3.08%)