

Chocolate Asparagus Bundt Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



234 kcal

DESSERT

Ingredients

- 1 pound asparagus fresh grated drained
- 1 teaspoon baking soda
- 0.3 cup cocoa powder
- 3 eggs beaten
- 2 cups flour
- 1 teaspoon ground cinnamon
- 1 tablespoons orange zest grated
- 1 cup pecans chopped

- 0.5 teaspoon salt
- 0.8 cup sugar
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil

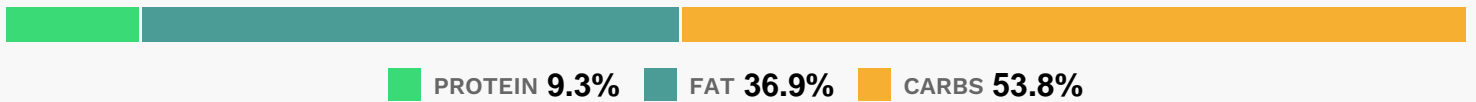
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- kugelhopf pan

Directions

- Preheat oven to 350 F. In a large bowl, combine flour, sugar, baking soda, cinnamon, cocoa powder, and salt.
- Add oil, eggs, asparagus, orange peel and vanilla; mix well. Fold in pecans.
- Pour into a greased and floured 10-in. bundt pan.
- Bake for 1 hour or until a toothpick inserted comes out clean. Cool for 10 minutes; remove from pan to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:20.48, Inflammation Score:-5, Nutrition Score:10.270434782609%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg

Epicatechin: 4.77mg, Epicatechin: 4.77mg, Epicatechin: 4.77mg, Epicatechin: 4.77mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 234.34kcal (11.72%), Fat: 10.02g (15.42%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 29.63g (10.77%), Sugar: 13.77g (15.3%), Cholesterol: 40.92mg (13.64%), Sodium: 205.61mg (8.94%), Alcohol: 0.23g (1.27%), Caffeine: 5.49mg (1.83%), Protein: 5.69g (11.37%), Manganese: 0.74mg (36.83%), Vitamin B1: 0.28mg (18.97%), Vitamin K: 19.59µg (18.66%), Selenium: 12.08µg (17.26%), Folate: 65.87µg (16.47%), Copper: 0.31mg (15.57%), Iron: 2.56mg (14.2%), Vitamin B2: 0.23mg (13.39%), Fiber: 3.25g (13.01%), Phosphorus: 106.88mg (10.69%), Vitamin B3: 1.78mg (8.88%), Magnesium: 34.4mg (8.6%), Zinc: 1.07mg (7.15%), Vitamin A: 352.84IU (7.06%), Vitamin E: 0.84mg (5.59%), Potassium: 190.41mg (5.44%), Vitamin B5: 0.45mg (4.51%), Vitamin B6: 0.09mg (4.27%), Vitamin C: 2.9mg (3.52%), Calcium: 30.51mg (3.05%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)