



## Chocolate Bundt Cake

READY IN



120 min.

SERVINGS



10

CALORIES



678 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup butter softened
- 5 eggs
- 3 cups flour all-purpose
- 1 cup milk
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

3 cups sugar white

## Equipment

bowl

frying pan

oven

wire rack

toothpicks

kugelhopf pan

## Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch Bundt pan. Sift flour, baking powder, salt and cocoa. Set aside.

In a large bowl, cream butter, shortening, sugar, and vanilla until light and fluffy.

Add eggs one at a time, beating well after each.

Add flour mixture alternately with the milk.

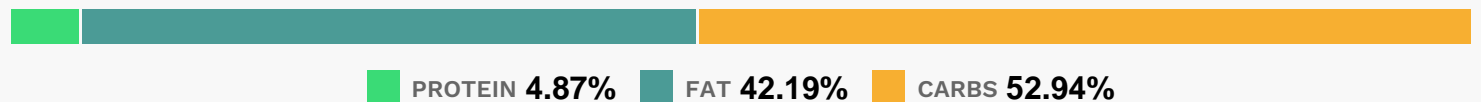
Mix well.

Pour into 10 inch Bundt pan.

Bake at 325 F (165 degrees C) for 70 minutes or until a toothpick inserted into cake comes out clean.

Let cool for 10 minutes in the pan, then turn out onto a wire rack and cool completely.

## Nutrition Facts



## Properties

Glycemic Index:32.51, Glycemic Load:63.08, Inflammation Score:-6, Nutrition Score:11.26260870436%

## Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg,

Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 678.03kcal (33.9%), Fat: 32.68g (50.28%), Saturated Fat: 15.78g (98.61%), Carbohydrates: 92.28g (30.76%), Net Carbohydrates: 89.68g (32.61%), Sugar: 61.38g (68.2%), Cholesterol: 133.57mg (44.52%), Sodium: 326.65mg (14.2%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Caffeine: 9.89mg (3.3%), Protein: 8.48g (16.96%), Selenium: 21.13µg (30.19%), Manganese: 0.43mg (21.58%), Vitamin B1: 0.32mg (21.56%), Vitamin B2: 0.35mg (20.55%), Folate: 81.02µg (20.26%), Iron: 2.79mg (15.49%), Phosphorus: 150.12mg (15.01%), Vitamin A: 725.6IU (14.51%), Copper: 0.24mg (11.88%), Vitamin B3: 2.36mg (11.81%), Fiber: 2.6g (10.42%), Vitamin E: 1.42mg (9.5%), Magnesium: 35.83mg (8.96%), Calcium: 71.48mg (7.15%), Vitamin K: 7.4µg (7.05%), Vitamin B5: 0.7mg (6.98%), Zinc: 0.97mg (6.44%), Vitamin B12: 0.37µg (6.1%), Potassium: 179.75mg (5.14%), Vitamin D: 0.71µg (4.72%), Vitamin B6: 0.07mg (3.74%)