



food
network

Chocolate Cake

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1.8 cups brown sugar
- ☐ 1.3 cups buttermilk
- ☐ 0.8 cup cocoa
- ☐ 8 servings confectioners' sugar
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 4 tablespoons vegetable oil
- ☐ 1 cup water boiling

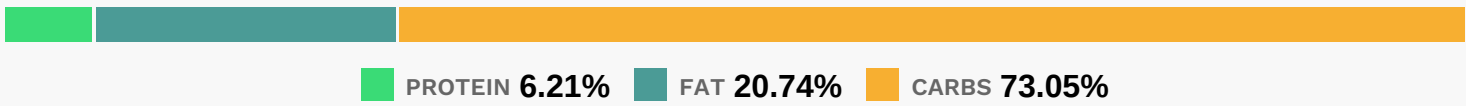
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine dry ingredients in large bowl and slowly whisk in wet ingredients.
- ☐ Pour into greased 9 by 12-inch baking pan and bake for 25 minutes. Allow to cool.
- ☐ Dust with confectioners' sugar and serve.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:15.85, Inflammation Score:-5, Nutrition Score:11.077826126762%

Flavonoids

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: 432.84kcal (21.64%), Fat: 10.46g (16.09%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 82.91g (27.64%), Net Carbohydrates: 79.19g (28.79%), Sugar: 56.65g (62.95%), Cholesterol: 45.04mg (15.02%), Sodium: 429.77mg (18.69%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 18.54mg (6.18%), Protein: 7.05g (14.11%), Manganese: 0.53mg (26.65%), Selenium: 15.82µg (22.59%), Copper: 0.39mg (19.53%), Iron: 3.02mg (16.81%),

Vitamin B1: 0.24mg (16.2%), Phosphorus: 160.75mg (16.08%), Vitamin B2: 0.27mg (15.96%), Folate: 60.15µg (15.04%), Fiber: 3.72g (14.89%), Calcium: 148.79mg (14.88%), Magnesium: 56.21mg (14.05%), Vitamin K: 12.93µg (12.32%), Vitamin B3: 1.89mg (9.44%), Potassium: 282.68mg (8.08%), Zinc: 1.04mg (6.96%), Vitamin B5: 0.52mg (5.15%), Vitamin E: 0.72mg (4.82%), Vitamin D: 0.71µg (4.72%), Vitamin B12: 0.27µg (4.51%), Vitamin B6: 0.07mg (3.68%), Vitamin A: 121.28IU (2.43%)