



Chocolate Cake With Mocha Glaze

READY IN



45 min.

SERVINGS



15

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 1 ounce baking chocolate sweet chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon cake flour sifted
- ☐ 2.3 cups cake flour sifted
- ☐ 2 large eggs
- ☐ 1.3 cups buttermilk low-fat
- ☐ 15 servings mocha glaze
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup stick margarine softened
- ☐ 1.8 cups sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 2.5 teaspoons vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water boiling

Equipment

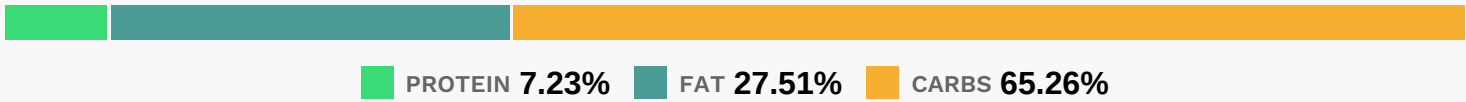
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Coat a 13- x 9-inch baking pan with cooking spray, and dust with 1 teaspoon cake flour; set aside.
- ☐ Combine cocoa and chocolate in a small bowl; add boiling water, stirring until chocolate melts. Set aside.
- ☐ Combine sugar, butter, and oil in a large bowl; beat at medium speed of a mixer about 2 minutes or until well blended.
- ☐ Add vanilla and eggs; beat well.
- ☐ Combine 2 1/4 cups cake flour and next 3 ingredients.
- ☐ Add flour mixture to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat in chocolate mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 30 to 32 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let cool completely in pan on a wire rack.

Spread Mocha Glaze over cooled cake.

Nutrition Facts



Properties

Glycemic Index:19.74, Glycemic Load:25.31, Inflammation Score:-2, Nutrition Score:4.6613043132036%

Flavonoids

Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 236.07kcal (11.8%), Fat: 7.48g (11.5%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 38.43g (13.97%), Sugar: 24.46g (27.18%), Cholesterol: 25.6mg (8.53%), Sodium: 209.94mg (9.13%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Caffeine: 5.91mg (1.97%), Protein: 4.42g (8.84%), Manganese: 0.31mg (15.34%), Selenium: 10.52µg (15.03%), Copper: 0.18mg (8.92%), Phosphorus: 83.57mg (8.36%), Calcium: 67.21mg (6.72%), Magnesium: 23.87mg (5.97%), Fiber: 1.48g (5.9%), Iron: 0.96mg (5.35%), Vitamin B2: 0.09mg (5.04%), Zinc: 0.65mg (4.31%), Vitamin A: 186.82IU (3.74%), Vitamin K: 3.66µg (3.49%), Potassium: 106.28mg (3.04%), Vitamin E: 0.44mg (2.9%), Folate: 11.56µg (2.89%), Vitamin B5: 0.25mg (2.52%), Vitamin B1: 0.03mg (1.96%), Vitamin B12: 0.11µg (1.79%), Vitamin B6: 0.03mg (1.42%), Vitamin B3: 0.28mg (1.38%)