



Chocolate Checkerboard Cake

READY IN



125 min.

SERVINGS



16

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup milk
- ☐ 3 oz cream cheese softened
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 16 oz chocolate frosting

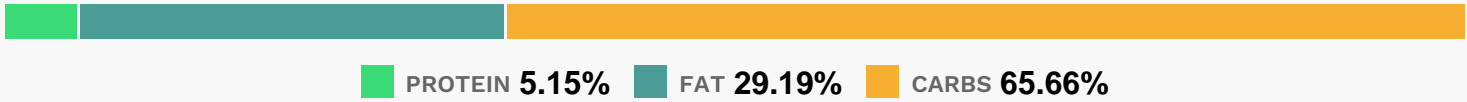
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. Grease and lightly flour bottoms and sides of three 9-inch round pans of checkerboard cake set.
- ☐ Place divider ring in one of the pans, following manufacturer’s directions.
- ☐ In medium bowl, beat cake mix, milk, cream cheese, vanilla and eggs with electric mixer on low speed 30 seconds, scraping bowl constantly, then on medium speed 2 minutes. Divide batter in half; stir cocoa into half of the batter.
- ☐ Spoon batter into each pan and using divider ring, following manufacturer's directions.
- ☐ Bake 18 to 26 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen side of each cake from pan with metal spatula; turn upside down onto cooling rack. Cool completely, about 1 hour.
- ☐ Using a thin layer of frosting between layers, stack cake layers so outside colors of cake alternate.
- ☐ Place cake on serving plate; frost side and top of cake with frosting. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:5.2869565227757%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg,

Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 274.79kcal (13.74%), Fat: 9.17g (14.11%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 45.28g (16.47%), Sugar: 31.36g (34.85%), Cholesterol: 37.89mg (12.63%), Sodium: 321.62mg (13.98%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.66mg (1.22%), Protein: 3.64g (7.28%), Phosphorus: 169.87mg (16.99%), Calcium: 100.73mg (10.07%), Manganese: 0.19mg (9.27%), Vitamin B2: 0.15mg (9.05%), Iron: 1.41mg (7.84%), Copper: 0.14mg (6.91%), Folate: 27.04µg (6.76%), Selenium: 4.67µg (6.67%), Vitamin B1: 0.09mg (6.16%), Vitamin E: 0.88mg (5.87%), Magnesium: 19.22mg (4.8%), Fiber: 1.14g (4.56%), Vitamin B3: 0.84mg (4.2%), Potassium: 132.82mg (3.79%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.2µg (3.33%), Zinc: 0.46mg (3.05%), Vitamin A: 140.93IU (2.82%), Vitamin B6: 0.05mg (2.71%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.15µg (1.1%)