



Chocolate Chip Date Cake

 Dairy Free

READY IN



50 min.

SERVINGS



32

CALORIES



151 kcal

DESSERT

Ingredients

- 1 tablespoon cocoa powder
- 1 cup dates chopped
- 2 eggs lightly beaten
- 1.8 cups flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips
- 1 cup shortening
- 1 cup sugar

- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 1 cup water

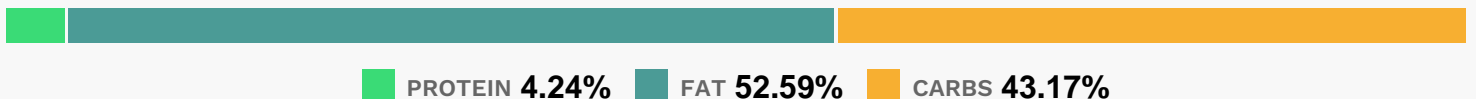
Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan

Directions

- In a small saucepan, bring water and dates to a boil.
- Remove from heat; cool. In a bowl, cream together sugar and shortening.
- Add eggs and vanilla; mix well.
- Combine flour, cocoa and salt; add to creamed mixture.
- Add dates and cooking liquid; mix well.
- Place in a greased 13-in. x 9-in. baking pan.
- Sprinkle with chocolate chips and walnuts.
- Bake at 350° for 30 to 35 minutes.
- Remove to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:9.76, Inflammation Score:-1, Nutrition Score:2.6756521937964%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 151.42kcal (7.57%), Fat: 9.06g (13.94%), Saturated Fat: 2.44g (15.28%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.78g (5.74%), Sugar: 10.28g (11.42%), Cholesterol: 10.4mg (3.47%), Sodium: 41.52mg (1.81%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.65g (3.29%), Manganese: 0.17mg (8.29%), Selenium: 3.69µg (5.26%), Copper: 0.09mg (4.66%), Vitamin B1: 0.07mg (4.38%), Folate: 16.52µg (4.13%), Fiber: 0.96g (3.83%), Iron: 0.67mg (3.74%), Vitamin K: 3.82µg (3.63%), Vitamin B2: 0.06mg (3.25%), Magnesium: 12.52mg (3.13%), Vitamin E: 0.46mg (3.05%), Phosphorus: 30.47mg (3.05%), Vitamin B3: 0.51mg (2.56%), Potassium: 67.95mg (1.94%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.32%)