



## Chocolate-Earl Grey Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



441 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter (1 stick)
- ☐ 10 servings confectioners' sugar
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.5 cup yogurt plain
- ☐ 6 earl grey tea bags
- ☐ 4 ounces chocolate unsweetened cooled melted
- ☐ 1 cup water

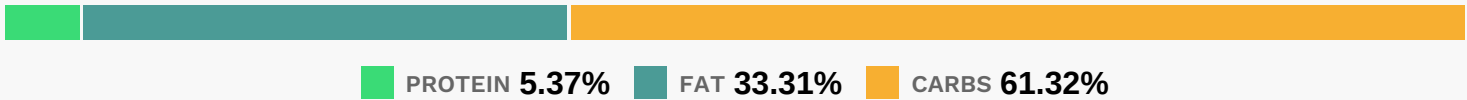
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ skewers

## Directions

- ☐ Heat oven to 350 F. Coat an 8-cup fluted tube pan with cooking spray. Brew the tea in the water 3 to 5 minutes.
- ☐ Remove the tea bags or strain the leaves and set the brewed tea aside. Using a mixer, beat the butter, eggs, and granulated sugar until fluffy. Blend in the chocolate. Beat in the flour, baking soda, baking powder, salt, yogurt, and brewed tea.
- ☐ Pour into pan.
- ☐ Bake 50 minutes or until a skewer inserted into the cake comes out with a few crumbs attached.
- ☐ Remove from oven and let stand 5 minutes. Turn out of pan and cool. Dust with confectioners' sugar.

## Nutrition Facts



## Properties

Glycemic Index:30.61, Glycemic Load:41.94, Inflammation Score:-5, Nutrition Score:9.6456522400612%

## Flavonoids

Catechin: 7.3mg, Catechin: 7.3mg, Catechin: 7.3mg, Catechin: 7.3mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 16.1mg, Epicatechin: 16.1mg, Epicatechin: 16.1mg, Epicatechin: 16.1mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.49mg, Thearubigins: 0.49mg, Thearubigins: 0.49mg, Thearubigins: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 440.88kcal (22.04%), Fat: 17.16g (26.4%), Saturated Fat: 10.21g (63.82%), Carbohydrates: 71.07g (23.69%), Net Carbohydrates: 68.51g (24.91%), Sugar: 48.54g (53.93%), Cholesterol: 75.1mg (25.03%), Sodium: 312.32mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.19mg (3.06%), Protein: 6.23g (12.46%), Manganese: 0.65mg (32.53%), Copper: 0.42mg (21.03%), Selenium: 14.12µg (20.17%), Iron: 3.44mg (19.12%), Vitamin B1: 0.22mg (14.82%), Folate: 56.36µg (14.09%), Vitamin B2: 0.23mg (13.27%), Phosphorus: 121.63mg (12.16%), Magnesium: 46.23mg (11.56%), Fiber: 2.56g (10.23%), Zinc: 1.53mg (10.18%), Vitamin B3: 1.65mg (8.27%), Vitamin A: 367.04IU (7.34%), Calcium: 64.87mg (6.49%), Potassium: 162.07mg (4.63%), Vitamin B5: 0.39mg (3.91%), Vitamin E: 0.47mg (3.13%), Vitamin B12: 0.18µg (3.03%), Vitamin B6: 0.04mg (2.04%), Vitamin K: 2.03µg (1.94%), Vitamin D: 0.28µg (1.84%)