



Chocolate Fudge Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate coarsely chopped
- ☐ 3 large eggs beaten
- ☐ 0.5 cup butter
- ☐ 2 tablespoons powdered sugar
- ☐ 0.8 cup sugar
- ☐ 8 servings cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

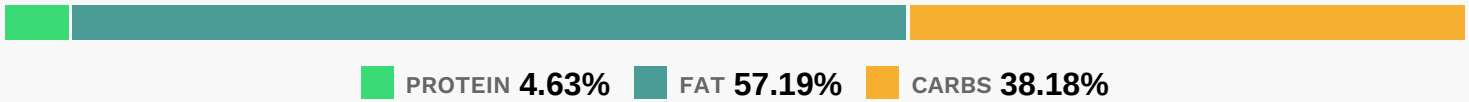
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ Lightly coat a 9-inch pieplate with cooking spray, and dust with cocoa.
- ☐ Melt chopped chocolate and margarine in a heavy saucepan over low heat, stirring constantly, 3 to 5 minutes or until smooth; whisk in 3/4 cup sugar, whisking until blended.
- ☐ Whisk together eggs and vanilla in a large bowl. Gradually whisk in chocolate mixture, whisking until blended.
- ☐ Pour into prepared pieplate.
- ☐ Bake at 350 for 30 minutes or until edges are dry and center is set. (Do not overbake.) Cool in pieplate on a wire rack 30 minutes or until completely cool. (Cake will fall slightly when removed from oven.) Dust with 2 Tbsp. powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-5, Nutrition Score:7.1069564883314%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 376.65kcal (18.83%), Fat: 24.26g (37.33%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 33.8g (12.29%), Sugar: 31.23g (34.7%), Cholesterol: 71.45mg (23.82%), Sodium: 163.73mg (7.12%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Caffeine: 26.68mg (8.89%), Protein: 4.42g (8.84%), Manganese: 0.42mg (21.06%), Copper: 0.41mg (20.35%), Magnesium: 57.62mg (14.41%), Iron: 2.27mg

(12.61%), Vitamin A: 622.91IU (12.46%), Phosphorus: 121.47mg (12.15%), Selenium: 8.41µg (12.01%), Fiber: 2.64g (10.55%), Zinc: 1.06mg (7.09%), Vitamin B2: 0.11mg (6.57%), Potassium: 208.93mg (5.97%), Vitamin E: 0.8mg (5.37%), Vitamin B12: 0.23µg (3.87%), Vitamin B5: 0.39mg (3.87%), Calcium: 33.88mg (3.39%), Vitamin D: 0.38µg (2.5%), Folate: 9.27µg (2.32%), Vitamin B6: 0.04mg (2.21%), Vitamin K: 2.12µg (2.02%), Vitamin B3: 0.28mg (1.39%), Vitamin B1: 0.02mg (1.26%)