



Chocolate Fudge Snack Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 5 tablespoons butter softened
- ☐ 0.5 cup dutch process cocoa
- ☐ 2 large eggs
- ☐ 0.7 cup buttermilk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 1.3 cups granulated sugar

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

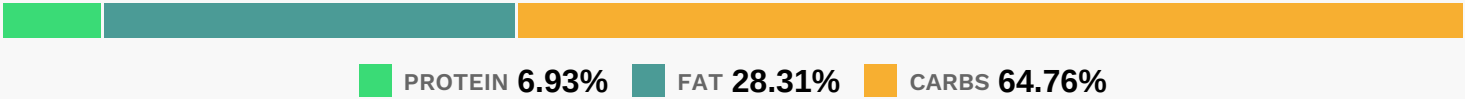
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Coat an 8-inch square baking pan with cooking spray; dust with 2 teaspoons flour. Lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cocoa, baking soda, and salt, stirring with a whisk.
- ☐ Place butter in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Add vanilla; beat well.
- ☐ Add granulated sugar, 1/4 cup at a time, beating well after each addition. Beat at medium-high speed 3 minutes.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Beating at low speed, add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat just until smooth.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 32 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack. Sift powdered sugar over top of cake, if desired.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:27.31, Inflammation Score:-3, Nutrition Score:5.3778261179509%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 249.61kcal (12.48%), Fat: 8.25g (12.69%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 40.31g (14.66%), Sugar: 28.82g (32.03%), Cholesterol: 58.41mg (19.47%), Sodium: 208.92mg (9.08%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Caffeine: 10.99mg (3.66%), Protein: 4.54g (9.08%), Manganese: 0.29mg (14.32%), Selenium: 9.2µg (13.14%), Copper: 0.21mg (10.6%), Fiber: 2.15g (8.62%), Iron: 1.54mg (8.56%), Vitamin B2: 0.14mg (8.32%), Folate: 33.21µg (8.3%), Vitamin B1: 0.12mg (8.08%), Phosphorus: 74.44mg (7.44%), Magnesium: 28.54mg (7.13%), Vitamin A: 254.37IU (5.09%), Vitamin B3: 0.96mg (4.82%), Zinc: 0.58mg (3.86%), Potassium: 106.39mg (3.04%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.31mg (2.07%), Calcium: 19mg (1.9%), Vitamin B12: 0.11µg (1.87%), Vitamin B6: 0.03mg (1.56%), Vitamin D: 0.22µg (1.48%)