



Chocolate Marble Cake

READY IN



45 min.

SERVINGS



16

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 0.5 cup vanilla almond milk plain
- ☐ 0.5 cup apple sauce
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.7 cups cake flour all-purpose
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 1 cup cream light sour
- ☐ 1 cup sugar divided
- ☐ 0.3 cup butter unsalted melted
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 ounce baker's chocolate unsweetened melted
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 1 tablespoon water
- ☐ 0.7 cup pastry flour whole-wheat

Equipment

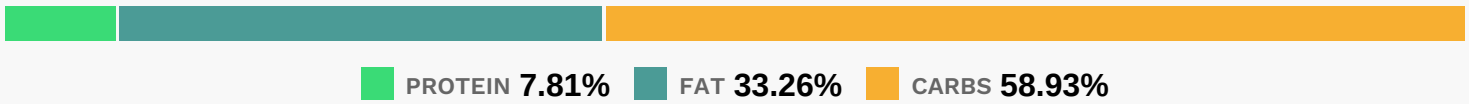
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ spatula
- ☐ skewers
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 10-inch Bundt cake pan with spray.
- ☐ Combine flours, baking powder, baking soda, salt, and 1 cup sugar in a large bowl.
- ☐ Whisk next 7 ingredients (through vanilla) in another large bowl until blended.
- ☐ Add to the dry ingredients and stir with a spatula until just combined.
- ☐ Transfer 3/4 cup batter to a small bowl and whisk in chocolate, cocoa, and remaining 1 tablespoon sugar.

- ☐
- Pour 3 cups white batter into prepared pan. Dollop chocolate batter over white batter; cover with remaining white batter. Using a knife, swirl batter once in a continuous S-shape around pan.
- ☐
- Bake 55 minutes, until a skewer inserted in the center comes out clean. Cool in pan 10 minutes; invert onto rack and cool completely.
- ☐
- In a bowl, combine glaze ingredients and drizzle over cake.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:14.94, Inflammation Score:-2, Nutrition Score:4.7691304968751%

Flavonoids

Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 212.14kcal (10.61%), Fat: 8.09g (12.45%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 30.78g (11.19%), Sugar: 17.08g (18.98%), Cholesterol: 37.54mg (12.51%), Sodium: 148.37mg (6.45%), Alcohol: 0.13g (100%), Alcohol %: 0.2% (100%), Protein: 4.28g (8.55%), Manganese: 0.41mg (20.5%), Selenium: 11.55µg (16.51%), Phosphorus: 73.78mg (7.38%), Copper: 0.14mg (6.84%), Calcium: 63.17mg (6.32%), Fiber: 1.48g (5.92%), Magnesium: 22.03mg (5.51%), Vitamin B2: 0.09mg (5.05%), Iron: 0.87mg (4.84%), Vitamin A: 219.82IU (4.4%), Zinc: 0.61mg (4.05%), Vitamin B1: 0.05mg (3.27%), Potassium: 107.5mg (3.07%), Folate: 11.91µg (2.98%), Vitamin E: 0.34mg (2.26%), Vitamin B3: 0.44mg (2.22%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.12µg (2.04%), Vitamin B5: 0.19mg (1.93%), Vitamin D: 0.22µg (1.49%)