



Chocolate Marble Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 tablespoon blackstrap molasses

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons strong coffee decoction brewed
- ☐ 1.3 cups sugar
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Combine the first 3 ingredients in a small bowl; stir well, and set the cocoa mixture aside.
- ☐ Combine flour, sugar, baking powder, baking soda, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine applesauce and next 5 ingredients (applesauce through egg) in a bowl; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Remove 1 cup of batter, and add to cocoa mixture; stir well. Spoon cocoa batter alternately with applesauce batter into a 9 x 5-inch loaf pan coated with cooking spray. Using the tip of a knife, swirl batters together.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- ☐ Let cool in pan 10 minutes on a wire rack; remove from pan, and let cool completely on wire rack. Sift the powdered sugar over loaf, if desired.

Nutrition Facts



 **PROTEIN 6.59%**  **FAT 24.05%**  **CARBS 69.36%**

Properties

Glycemic Index:17.57, Glycemic Load:22.2, Inflammation Score:-2, Nutrition Score:4.6295652331217%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 194.33kcal (9.72%), Fat: 5.28g (8.12%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 33.2g (12.07%), Sugar: 18.49g (20.54%), Cholesterol: 10.54mg (3.51%), Sodium: 159.8mg (6.95%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Caffeine: 3.27mg (1.09%), Protein: 3.25g (6.51%), Selenium: 8.88µg (12.69%), Vitamin B1: 0.16mg (10.83%), Manganese: 0.2mg (9.8%), Folate: 38.56µg (9.64%), Vitamin B2: 0.15mg (8.76%), Vitamin K: 8.53µg (8.13%), Iron: 1.24mg (6.87%), Vitamin B3: 1.22mg (6.09%), Phosphorus: 50.81mg (5.08%), Fiber: 1.04g (4.17%), Calcium: 40.77mg (4.08%), Copper: 0.08mg (3.95%), Magnesium: 14.31mg (3.58%), Vitamin E: 0.44mg (2.93%), Potassium: 89.03mg (2.54%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.91%), Vitamin B6: 0.03mg (1.49%)