



Chocolate Marmalade Cake

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



198 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup butter softened
- 1.5 tablespoons butter softened
- 1 large eggs
- 1 large egg white
- 1.5 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.8 cup milk 1% low-fat

- 3 tablespoons milk 1% low-fat
- 0.3 cup orange marmalade
- 1.5 teaspoons orange rind grated
- 1.5 cups powdered sugar sifted
- 0.3 teaspoon salt
- 0.3 cup cocoa unsweetened
- 1.3 teaspoons vanilla extract

Equipment

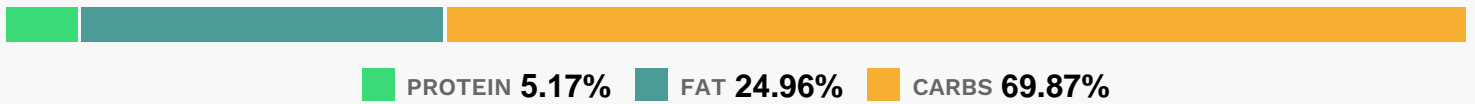
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- baking pan
- wax paper
- measuring cup

Directions

- Preheat oven to 35
- Coat an 8-inch square baking pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray; set aside.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt.
- Beat butter with a mixer at medium speed until creamy; gradually add granulated sugar, beating until fluffy.
- Add egg and egg white, and beat at medium speed just until blended.

- Add flour mixture to sugar mixture alternately with 3/4 cup milk, beginning and ending with flour mixture. Stir in orange rind and vanilla.
- Pour batter into prepared pan. Sharply tap pan once on counter to remove air bubbles.
- Bake at 350 for 29 minutes or until a wooden pick inserted in center comes out clean; cool in pan for 10 minutes on a wire rack.
- Remove from pan, and carefully peel off wax paper; cool completely on wire rack.
- Combine powdered sugar and next 3 ingredients in a large bowl. Beat with a mixer at low speed just until blended, and stir in orange marmalade.
- Place cake on a plate; spread frosting over top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:13.11, Inflammation Score:-2, Nutrition Score:3.5147825920064%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 198.08kcal (9.9%), Fat: 5.66g (8.71%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 34.78g (12.65%), Sugar: 25.17g (27.97%), Cholesterol: 25.31mg (8.44%), Sodium: 132.81mg (5.77%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.09mg (1.03%), Protein: 2.64g (5.27%), Selenium: 6.05µg (8.65%), Vitamin B1: 0.1mg (6.88%), Manganese: 0.14mg (6.8%), Vitamin B2: 0.11mg (6.59%), Folate: 24.54µg (6.14%), Phosphorus: 53.3mg (5.33%), Calcium: 49.44mg (4.94%), Iron: 0.85mg (4.74%), Vitamin A: 199.97IU (4%), Copper: 0.08mg (3.93%), Vitamin B3: 0.75mg (3.75%), Fiber: 0.88g (3.52%), Magnesium: 11.99mg (3%), Vitamin B12: 0.12µg (2.08%), Potassium: 67.97mg (1.94%), Zinc: 0.29mg (1.9%), Vitamin B5: 0.17mg (1.65%), Vitamin D: 0.22µg (1.43%), Vitamin E: 0.19mg (1.26%), Vitamin B6: 0.02mg (1.12%)