



Chocolate Oatmeal Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



238 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 0.5 cup butter
- 4 tablespoons cocoa powder
- 2 eggs beaten
- 1 cup flour all-purpose
- 0.5 cup rolled oats

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup water boiling

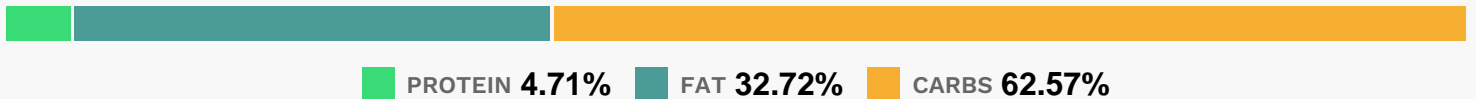
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 8x8 inch pan.
- In a large bowl, mix together the rolled oats and butter.
- Mix in boiling water. Set aside to cool.
- Beat together the brown sugar, eggs and vanilla; add to cooled oat mixture and mix well.
- Sift together the flour, baking soda, baking powder, salt and cocoa.
- Add to wet ingredients and mix well.
- Spread into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 40 minutes.
- Remove from oven, allow to cool, and remove pan.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:6.62, Inflammation Score:-3, Nutrition Score:4.4082608922668%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 238.46kcal (11.92%), Fat: 8.92g (13.72%), Saturated Fat: 5.28g (33%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 37.13g (13.5%), Sugar: 26.84g (29.82%), Cholesterol: 47.62mg (15.87%), Sodium: 304.14mg (13.22%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Caffeine: 3.83mg (1.28%), Protein: 2.89g (5.77%), Manganese: 0.28mg (13.92%), Selenium: 7.42µg (10.6%), Vitamin B1: 0.1mg (6.8%), Iron: 1.22mg (6.79%), Phosphorus: 62.55mg (6.25%), Folate: 24.68µg (6.17%), Vitamin B2: 0.1mg (5.75%), Copper: 0.11mg (5.65%), Vitamin A: 275.96IU (5.52%), Calcium: 54.93mg (5.49%), Fiber: 1.24g (4.96%), Magnesium: 19.14mg (4.79%), Vitamin B3: 0.73mg (3.65%), Zinc: 0.42mg (2.82%), Potassium: 98.25mg (2.81%), Vitamin B5: 0.25mg (2.47%), Vitamin E: 0.32mg (2.12%), Vitamin B6: 0.03mg (1.7%), Vitamin B12: 0.08µg (1.36%)