



## Chocolate Rapture Cake

READY IN



45 min.

SERVINGS



8

CALORIES



481 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1.8 cups cake flour
- ☐ 1 cup coconut or shredded
- ☐ 2 eggs
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 3 ounce chocolate unsweetened melted

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

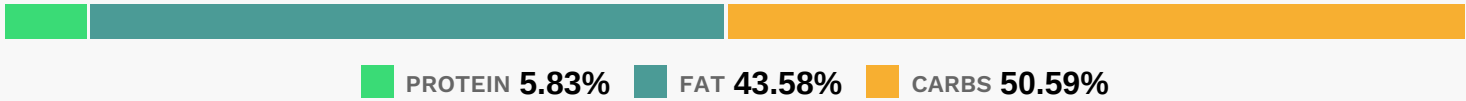
## Equipment

- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 inch, round cake pans.
- ☐ Sift together cake flour, sugar, salt, baking powder, and soda.
- ☐ Add shortening, chocolate, buttermilk, and vanilla; beat for 2 minutes.
- ☐ Add eggs, and beat for 2 minutes. Stir in coconut.
- ☐ Pour batter into prepared pans.
- ☐ Bake for 25 to 30 minutes. Cool, and frost.

## Nutrition Facts



## Properties

Glycemic Index:33.76, Glycemic Load:39.61, Inflammation Score:-3, Nutrition Score:9.5508696061114%

## Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

## Nutrients (% of daily need)

Calories: 480.91kcal (24.05%), Fat: 24.34g (37.44%), Saturated Fat: 10.59g (66.21%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 60.23g (21.9%), Sugar: 39.8g (44.22%), Cholesterol: 44.22mg (14.74%), Sodium: 400.26mg (17.4%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 8.5mg (2.83%), Protein: 7.33g (14.66%), Manganese: 0.82mg (40.85%), Selenium: 17.44µg (24.91%), Copper: 0.46mg (22.78%), Iron: 2.6mg (14.43%), Phosphorus: 133.14mg (13.31%), Fiber: 3.32g (13.29%), Magnesium: 49.25mg (12.31%), Zinc: 1.63mg (10.85%), Vitamin B2: 0.14mg (8.15%), Vitamin K: 8.07µg (7.69%), Vitamin E: 1.1mg (7.32%), Calcium: 72.28mg (7.23%), Potassium: 208.45mg (5.96%), Vitamin B5: 0.54mg (5.38%), Folate: 21.27µg (5.32%), Vitamin B1: 0.07mg (4.35%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.24µg (3.93%), Vitamin B3: 0.51mg (2.54%), Vitamin B6: 0.05mg (2.41%), Vitamin A: 109.45IU (2.19%)