



## Chocolate Raspberry Cake

 Vegetarian  Vegan  Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



223 kcal

DESSERT

### Ingredients

- 3 cups flour all-purpose
- 2 cups granulated sugar
- 0.5 cup cocoa powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 0.7 cup vegetable oil
- 2 teaspoons vinegar white
- 1 teaspoon vanilla

- 2 cups water cold
- 0.3 cup raspberry jam
- 1 tablespoon powdered sugar
- 1 serving raspberries fresh

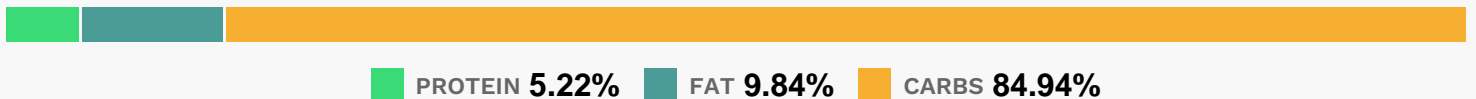
## Equipment

- bowl
- oven
- wire rack
- toothpicks

## Directions

- Heat oven to 350° F. Grease bottom and side of two 9-inch cake pans with shortening; lightly flour.
- In large bowl, mix flour, granulated sugar, cocoa, baking soda and salt. Stir in oil, vinegar and vanilla. Vigorously stir oil mixture and water into flour mixture with spoon about 1 minute or until well blended. Immediately pour into pans.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to wire rack. Cool completely, about 1 hour.
- Place 1 cake layer, top side down, on serving platter; spread with 1/4 cup of the jam. Top with second layer, top side up; dust with powdered sugar.
- Garnish with raspberries.

## Nutrition Facts



## Properties

Glycemic Index:17.26, Glycemic Load:32.43, Inflammation Score:-2, Nutrition Score:4.9504347348019%

## Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 5.41mg, Epicatechin: 5.41mg, Epicatechin: 5.41mg, Epicatechin: 5.41mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## **Nutrients (% of daily need)**

Calories: 223.25kcal (11.16%), Fat: 2.52g (3.88%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 47.05g (17.11%), Sugar: 28.32g (31.47%), Cholesterol: 0mg (0%), Sodium: 286.69mg (12.46%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.01g (6.03%), Manganese: 0.29mg (14.63%), Vitamin B1: 0.19mg (12.54%), Selenium: 8.6µg (12.29%), Folate: 45.12µg (11.28%), Iron: 1.53mg (8.49%), Vitamin B2: 0.13mg (7.81%), Fiber: 1.93g (7.72%), Copper: 0.15mg (7.56%), Vitamin B3: 1.47mg (7.34%), Magnesium: 19.94mg (4.99%), Phosphorus: 47.18mg (4.72%), Vitamin K: 3.77µg (3.59%), Zinc: 0.37mg (2.48%), Potassium: 76.6mg (2.19%), Vitamin C: 1.45mg (1.76%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.12mg (1.23%), Calcium: 10.25mg (1.03%)