



Chocolate Raspberry Cake



Vegetarian



Vegan



Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 0.5 cup cocoa powder
- ☐ 2 teaspoons baking soda
- ☐ 3 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 1 tablespoon powdered sugar
- ☐ 16 servings raspberries fresh
- ☐ 0.3 cup raspberry jam
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon vanilla
- ☐ 0.7 cup vegetable oil
- ☐ 2 cups water cold
- ☐ 2 teaspoons vinegar white

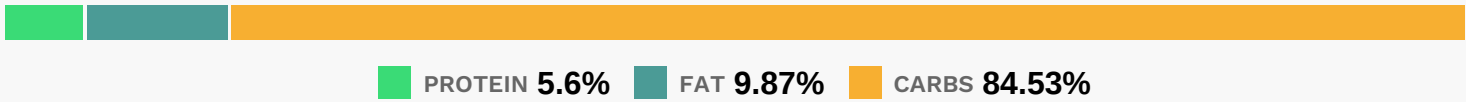
Equipment

- ☐ 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:33.22, Inflammation Score:-4, Nutrition Score:8.6286957225074%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 252.5kcal (12.62%), Fat: 2.89g (4.44%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 50.09g (18.21%), Sugar: 30.81g (34.23%), Cholesterol: 0mg (0%), Sodium: 287.25mg (12.49%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.69g (7.38%), Manganese: 0.67mg (33.47%), Fiber: 5.59g (22.34%), Vitamin C: 16.19mg (19.62%), Folate: 56.94µg (14.23%), Vitamin B1: 0.21mg (13.74%), Selenium: 8.71µg (12.45%), Iron: 1.92mg (10.64%), Copper: 0.2mg (10.09%), Vitamin B2: 0.15mg (9.07%), Vitamin B3: 1.8mg (9.02%), Magnesium: 32.32mg (8.08%), Vitamin K: 8.16µg (7.77%), Phosphorus: 63.49mg (6.35%), Vitamin E: 0.69mg (4.62%), Potassium: 161.54mg (4.62%), Zinc: 0.61mg (4.06%), Vitamin B5: 0.31mg (3.08%), Calcium: 24.32mg (2.43%), Vitamin B6: 0.05mg (2.38%)