



Chocolate-Red Wine Cake

READY IN



45 min.

SERVINGS



10

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons baking soda
- ☐ 1.3 cups wine dry red
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 2 butter unsalted softened
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract pure

☐ 10 servings whipped cream for serving

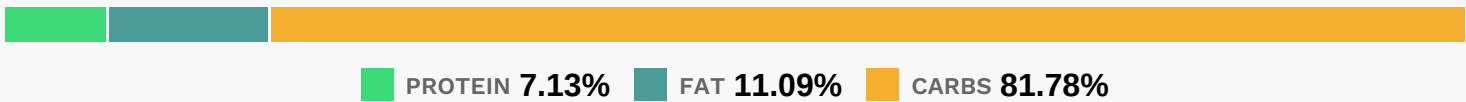
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat the oven to 35
- ☐ Butter and flour a 12-cup bundt pan. In a bowl, whisk the flour, cocoa powder, baking soda and salt.
- ☐ In a large bowl, using a handheld electric mixer, beat the butter with the sugar at medium-high speed until fluffy, 4 minutes.
- ☐ Add the eggs, one at a time, and beat until incorporated.
- ☐ Add the vanilla and beat for 2 minutes longer. Working in two batches, alternately fold in the dry ingredients and the wine, until just incorporated.
- ☐ Scrape the batter into the prepared pan, and bake for 45 minutes, until a toothpick inserted in the center comes out clean.
- ☐ Let the cake cool in the pan for 10 minutes, then turn it out onto a rack; let cool completely. Dust the cake with confectioner's sugar and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:38.65, Inflammation Score:-5, Nutrition Score:7.2265216474948%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 6.49mg, Catechin: 6.49mg, Catechin: 6.49mg, Catechin: 6.49mg Epicatechin: 15.87mg, Epicatechin: 15.87mg, Epicatechin: 15.87mg, Epicatechin: 15.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 295.95kcal (14.8%), Fat: 3.57g (5.5%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 56.25g (20.46%), Sugar: 35.67g (39.64%), Cholesterol: 37.73mg (12.58%), Sodium: 268.31mg (11.67%), Alcohol: 3.29g (100%), Alcohol %: 3.7% (100%), Caffeine: 14.84mg (4.95%), Protein: 5.17g (10.34%), Manganese: 0.42mg (21.16%), Selenium: 12.4µg (17.71%), Copper: 0.29mg (14.51%), Vitamin B1: 0.21mg (13.81%), Folate: 52.14µg (13.03%), Iron: 2.23mg (12.4%), Fiber: 3.06g (12.25%), Vitamin B2: 0.19mg (11.19%), Magnesium: 39.46mg (9.86%), Phosphorus: 97.18mg (9.72%), Vitamin B3: 1.63mg (8.15%), Zinc: 0.75mg (5.03%), Potassium: 147.12mg (4.2%), Vitamin B5: 0.28mg (2.79%), Calcium: 23.51mg (2.35%), Vitamin A: 93.62IU (1.87%), Vitamin B6: 0.04mg (1.81%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.2µg (1.35%), Vitamin E: 0.16mg (1.05%)