



Chocolate Sauerkraut Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup butter
- ☐ 1.5 cups buttermilk
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1.8 cups brown sugar light packed
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup sauerkraut drained chopped
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

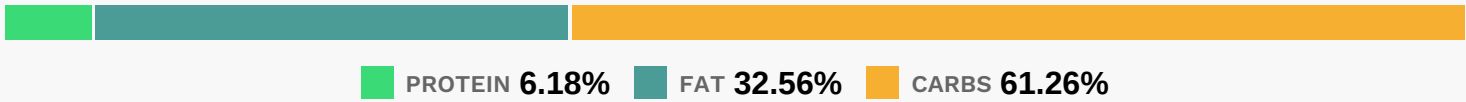
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift cocoa, flour, baking powder, baking soda and salt together and set aside. In a separate small bowl, combine buttermilk with sauerkraut and set aside.
- ☐ In a large bowl, cream butter, brown sugar and vanilla until light and fluffy.
- ☐ Add eggs and beat in.
- ☐ Add flour mixture alternately with sauerkraut mixture. Beat only until blended.
- ☐ Pour batter into 9x13 inch pan.
- ☐ Bake at 350 degrees F (175 degrees C) for about 45 minutes, or until toothpick inserted into cake comes out clean. Cool cake and frost with your favorite chocolate frosting.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:10.85, Inflammation Score:-4, Nutrition Score:6.7165217088616%

Flavonoids

Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epicatechin: 7.51mg, Epicatechin: 7.51mg, Epicatechin: 7.51mg, Epicatechin: 7.51mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 273.2kcal (13.66%), Fat: 10.25g (15.77%), Saturated Fat: 6.17g (38.53%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 41.27g (15.01%), Sugar: 26.41g (29.34%), Cholesterol: 46.16mg (15.39%), Sodium: 307.86mg (13.39%), Alcohol: 0.18g (100%), Alcohol %: 0.24% (100%), Caffeine: 8.79mg (2.93%), Protein: 4.38g (8.75%), Manganese: 0.31mg (15.28%), Selenium: 10.04µg (14.35%), Vitamin B1: 0.17mg (11.06%), Folate: 41.76µg (10.44%), Vitamin B2: 0.18mg (10.32%), Iron: 1.84mg (10.25%), Copper: 0.2mg (10.07%), Phosphorus: 93.99mg (9.4%), Calcium: 88.03mg (8.8%), Fiber: 2.13g (8.51%), Magnesium: 29.91mg (7.48%), Vitamin A: 324.68IU (6.49%), Vitamin B3: 1.26mg (6.31%), Potassium: 168.16mg (4.8%), Zinc: 0.59mg (3.93%), Vitamin B5: 0.32mg (3.25%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.43µg (2.86%), Vitamin B6: 0.05mg (2.58%), Vitamin E: 0.34mg (2.25%), Vitamin K: 1.87µg (1.78%), Vitamin C: 1.04mg (1.27%)