



Chocolate Snack Cake

 Dairy Free

READY IN



60 min.

SERVINGS



9

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon apple cider vinegar white
- ☐ 0.5 teaspoon vanilla

- ☐ 1 cup strong coffee decoction cold brewed
- ☐ 1 serving whipped cream

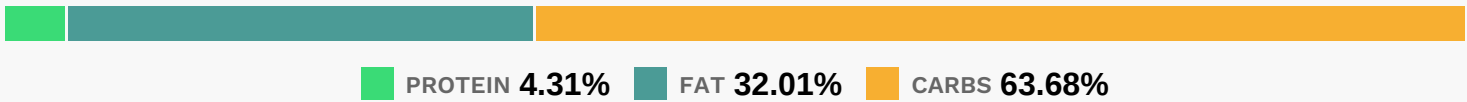
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom and side of 9-inch round pan or 8-inch square pan with shortening; lightly flour.
- ☐ In medium bowl, mix flour, sugar, cocoa, baking soda and salt. In small bowl, stir oil, vinegar and vanilla until well mixed. Vigorously stir oil mixture and coffee into flour mixture about 1 minute or until well blended. Immediately pour into pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes.
- ☐ Serve warm or cool with ice cream.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:27.06, Inflammation Score:-2, Nutrition Score:4.8982608584768%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 240.94kcal (12.05%), Fat: 8.83g (13.58%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 38.08g (13.85%), Sugar: 22.36g (24.84%), Cholesterol: 0.51mg (0.17%), Sodium: 252.56mg

(10.98%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Caffeine: 16.03mg (5.34%), Protein: 2.67g (5.35%), Vitamin K: 15.01µg (14.29%), Manganese: 0.24mg (12.15%), Vitamin B1: 0.17mg (11.29%), Selenium: 7.55µg (10.78%), Folate: 39.44µg (9.86%), Vitamin B2: 0.13mg (7.86%), Iron: 1.32mg (7.32%), Vitamin B3: 1.33mg (6.67%), Copper: 0.12mg (6.15%), Fiber: 1.45g (5.79%), Vitamin E: 0.68mg (4.55%), Magnesium: 17.42mg (4.36%), Phosphorus: 41.48mg (4.15%), Zinc: 0.32mg (2.13%), Potassium: 73.69mg (2.11%), Vitamin B5: 0.17mg (1.66%)