



Cinnamon Chocolate Pound Cake

READY IN



200 min.

SERVINGS



12

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.8 cup butter softened
- ☐ 3 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.3 cup cocoa powder
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon

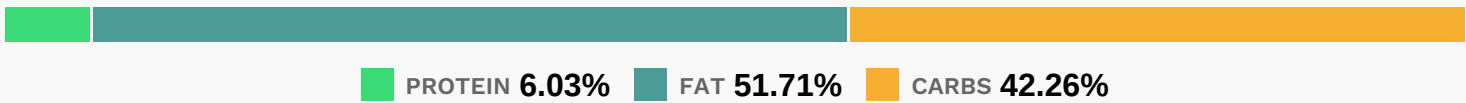
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350° F. Grease bottom and sides of 9x5 inch loaf pan with shortening; lightly flour.
- ☐ In large bowl, beat sugar, butter and eggs with electric mixer on low speed 1 minute, scraping bowl occasionally.
- ☐ Add remaining ingredients; beat 2 minutes on medium speed, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:16.1, Inflammation Score:-5, Nutrition Score:4.5960869507297%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 221.75kcal (11.09%), Fat: 13.1g (20.15%), Saturated Fat: 3g (18.78%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 23.02g (8.37%), Sugar: 12.91g (14.34%), Cholesterol: 41.73mg (13.91%), Sodium: 373.04mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.44g (6.87%), Selenium: 8.25µg (11.79%), Vitamin A: 578.11IU (11.56%), Manganese: 0.18mg (8.82%), Vitamin B2: 0.14mg (8%), Vitamin B1: 0.11mg (7.55%), Folate: 29.72µg (7.43%), Phosphorus: 64.63mg (6.46%), Iron: 1.09mg (6.04%), Copper: 0.1mg (4.8%), Fiber: 1.06g (4.24%), Vitamin B3: 0.83mg (4.14%), Calcium: 38.77mg (3.88%), Vitamin E: 0.57mg (3.8%), Magnesium: 14.49mg (3.62%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.39mg (2.57%), Vitamin B12: 0.15µg (2.48%), Potassium: 73.17mg (2.09%), Vitamin D: 0.29µg (1.96%), Vitamin B6: 0.03mg (1.6%)