

Crazy Mixed Up Cake

READY IN



40 min.

SERVINGS



6

CALORIES



571 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar
- 1.5 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 1 cup semi chocolate chips
- 0.3 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 0.3 cup vegetable oil

1 tablespoon vinegar

Equipment

frying pan

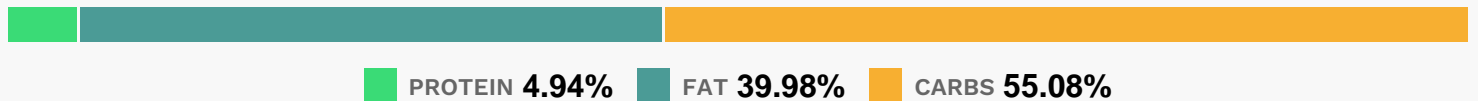
oven

toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 inch square pan.
- Combine the flour, brown sugar, cocoa powder, baking soda and salt in prepared pan.
- Mix well with a fork.
- Make three "wells" in the dry ingredients.
- Pour oil in the first, vinegar in the second, and vanilla in the third.
- Pour milk over the top and mix all ingredients with a fork until well blended.
- Pour chocolate chips over the top.
- Bake in the preheated oven for 30 minutes, or until a toothpick inserted into the center of the cake comes out with moist crumbs. Cool in pan for 15 minutes, then cut and serve directly from the pan.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:17.97, Inflammation Score:-5, Nutrition Score:13.379565036815%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 570.74kcal (28.54%), Fat: 25.7g (39.54%), Saturated Fat: 9.55g (59.69%), Carbohydrates: 79.69g (26.56%), Net Carbohydrates: 75.12g (27.32%), Sugar: 48.85g (54.28%), Cholesterol: 6.68mg (2.23%), Sodium:

600.25mg (26.1%), Alcohol: 0.46g (100%), Alcohol %: 0.36% (100%), Caffeine: 34.04mg (11.35%), Protein: 7.15g (14.29%), Manganese: 0.78mg (38.94%), Copper: 0.57mg (28.71%), Vitamin K: 24.74µg (23.56%), Iron: 4.11mg (22.85%), Magnesium: 85.93mg (21.48%), Selenium: 14.85µg (21.22%), Vitamin B1: 0.28mg (18.71%), Fiber: 4.57g (18.28%), Phosphorus: 180.78mg (18.08%), Folate: 58.7µg (14.68%), Vitamin B2: 0.24mg (13.83%), Vitamin B3: 2.26mg (11.32%), Calcium: 108.87mg (10.89%), Potassium: 369.88mg (10.57%), Zinc: 1.44mg (9.59%), Vitamin E: 1.21mg (8.07%), Vitamin B12: 0.27µg (4.56%), Vitamin B5: 0.44mg (4.37%), Vitamin B6: 0.07mg (3.42%), Vitamin D: 0.45µg (2.98%), Vitamin A: 80.88IU (1.62%)