



Dairy-Free Chocolate Mayo Cake or Cupcakes (Vegan Option)



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 1.5 cups sugar
- ☐ 0.5 cup cocoa powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 1 teaspoon vanilla extract

☐ 0.8 cup mayonnaise (regular or vegan)

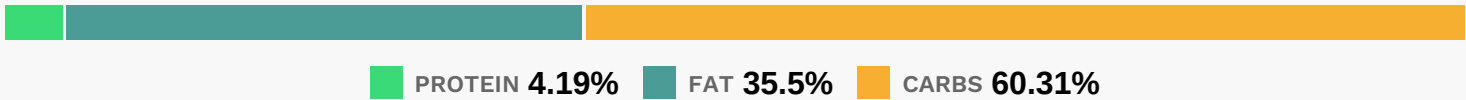
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat your oven to 350°F and grease two 9-inch round cake pans or a 9x13-inch baking dish.
- ☐ In a mixing bowl, whisk together the flour, sugar, cocoa powder, baking soda, and salt.
- ☐ Add the water and vanilla and mix until combined. Stir in the mayonnaise.
- ☐ Once that is all mixed together stir in the mayo.
- ☐ Pour the batter into your prepared pans or baking dish.
- ☐ Bake for 20 to 30 minutes, or until a toothpick inserted int the center of the cake comes out clean.
- ☐ Let the cake cool completely before frosting.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:21.75, Inflammation Score:-2, Nutrition Score:4.2252174350231%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 207.31kcal (10.37%), Fat: 8.44g (12.98%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 32.25g (10.75%),
Net Carbohydrates: 30.83g (11.21%), Sugar: 18.89g (20.99%), Cholesterol: 4.41mg (1.47%), Sodium: 243.77mg
(10.6%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.24g (4.48%), Vitamin
K: 17.23µg (16.41%), Manganese: 0.21mg (10.6%), Selenium: 6.04µg (8.62%), Vitamin B1: 0.13mg (8.39%), Folate:
29.98µg (7.49%), Copper: 0.13mg (6.51%), Iron: 1.13mg (6.28%), Fiber: 1.42g (5.66%), Vitamin B2: 0.09mg (5.26%),
Vitamin B3: 0.98mg (4.91%), Magnesium: 17.13mg (4.28%), Phosphorus: 38.82mg (3.88%), Vitamin E: 0.36mg
(2.38%), Zinc: 0.31mg (2.08%), Potassium: 60.43mg (1.73%)