



Dark Chocolate Snack Cake

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 large egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 2 tablespoons powdered sugar sifted
- ☐ 2.5 ounce baby food prunes
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

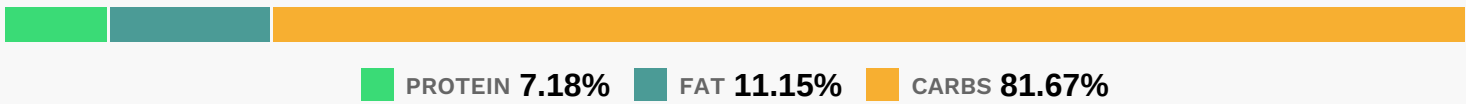
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Sift together first 5 ingredients; set aside.
- ☐ Combine egg whites and 1 cup sugar; beat at medium speed of an electric mixer 3 to 4 minutes or until mixture is fluffy. Set aside.
- ☐ Combine prunes, margarine, and vanilla.
- ☐ Add prune mixture to egg white mixture; beat at medium speed of mixer 1 minute or until combined. Gently fold egg white mixture into dry ingredients.
- ☐ Pour batter into a 9-inch square pan coated with cooking spray.
- ☐ Bake at 325 for 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let cool completely in pan on a wire rack.
- ☐ Sprinkle with powdered sugar, and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:2.7908695954829%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 95.33kcal (4.77%), Fat: 1.3g (2%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 19.71g (7.17%), Sugar: 15.29g (16.99%), Cholesterol: 0mg (0%), Sodium: 86.29mg (3.75%), Alcohol: 0.09g (100%), Alcohol %: 0.33% (100%), Caffeine: 8.24mg (2.75%), Protein: 1.88g (3.77%), Manganese: 0.18mg (8.96%), Copper: 0.16mg (7.82%), Fiber: 1.75g (6.98%), Magnesium: 21.33mg (5.33%), Selenium: 3.17µg (4.53%), Iron: 0.75mg (4.15%), Vitamin B2: 0.07mg (3.91%), Phosphorus: 37.46mg (3.75%), Potassium: 102.2mg (2.92%), Vitamin K: 2.74µg (2.61%), Vitamin B1: 0.04mg (2.41%), Folate: 8.73µg (2.18%), Vitamin B3: 0.4mg (2%), Zinc: 0.29mg (1.96%), Calcium: 15.3mg (1.53%), Vitamin A: 65.89IU (1.32%)