



WHATShEATe

Devil's Food Cake II

READY IN



60 min.

SERVINGS



16

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 1.8 teaspoons baking soda
- ☐ 2.5 cups cake flour sifted
- ☐ 2 eggs
- ☐ 1.3 cups milk
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 3 ounce chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1.8 cups sugar white

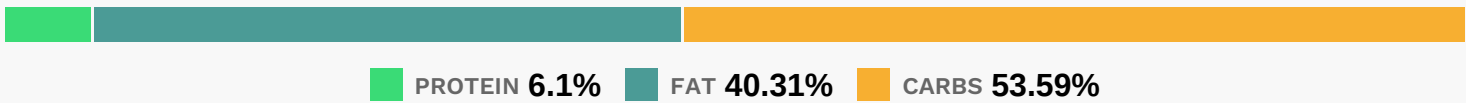
Equipment

- ☐ bowl
- ☐ oven
- ☐ double boiler
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 (9 inch) pans. In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth.
- ☐ Remove from heat and allow to cool to lukewarm. Sift together the flour, sugar, baking soda and salt. Set aside.
- ☐ In a large bowl, beat shortening until smooth.
- ☐ Add flour mixture, 1 cup of the milk and vanilla.
- ☐ Mix on low speed until flour is dampened, then beat on medium speed for 2 minutes.
- ☐ Add eggs, remaining 1/3 cup milk and melted chocolate. Beat on medium speed for 1 minute.
- ☐ Pour batter into prepared pans.
- ☐ Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:24.81, Inflammation Score:-2, Nutrition Score:4.9478261367134%

Flavonoids

Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg

Nutrients (% of daily need)

Calories: 277.65kcal (13.88%), Fat: 12.89g (19.83%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 37.21g (13.53%), Sugar: 22.97g (25.52%), Cholesterol: 22.9mg (7.63%), Sodium: 282.83mg (12.3%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.25mg (1.42%), Protein: 4.39g (8.77%), Manganese: 0.38mg (19.02%), Selenium: 10.39µg (14.85%), Copper: 0.21mg (10.67%), Phosphorus: 71.65mg (7.16%), Iron: 1.22mg (6.75%), Magnesium: 25.4mg (6.35%), Zinc: 0.84mg (5.57%), Fiber: 1.35g (5.4%), Vitamin K: 5.2µg (4.95%), Vitamin E: 0.69mg (4.61%), Vitamin B2: 0.07mg (4.39%), Calcium: 36.81mg (3.68%), Vitamin B5: 0.31mg (3.13%), Potassium: 102.58mg (2.93%), Vitamin B12: 0.16µg (2.65%), Folate: 10.52µg (2.63%), Vitamin B1: 0.04mg (2.58%), Vitamin D: 0.33µg (2.22%), Vitamin B6: 0.03mg (1.53%), Vitamin B3: 0.29mg (1.47%), Vitamin A: 63.03IU (1.26%)