



Double Chocolate Marble Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



490 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup butter
- 6 eggs
- 2.5 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 0.5 cup sugar white

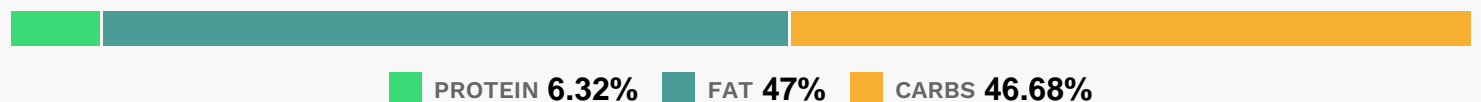
Equipment

- bowl
- frying pan
- oven
- knife
- toothpicks

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease an flour one 10 inch tube pan.
- Combine 1/3 cup of the coca and 1/2 cup of the white sugar and mix well.
- In a large bowl, beat the egg whites until stiff, and set aside.
- In another bowl, cream the butter with 1 cup of the sugar and the brown sugar. Beat in the egg yolks, then the vanilla and sour cream.
- In another bowl, stir together the flour, cocoa, salt, and baking soda. Beat into the creamed mixture. Stir about 1/3 of the egg whites into the batter to lighten it and then fold in the rest gently but thoroughly.
- Spread about 1/4 of the batter into a greased and floured tube pan and sprinkle with about 1/3 of the cocoa-sugar mixture. Continue repeating layers, ending with the batter. With a knife, lightly swirl the batter and cocoa mixture together
- Bake at 325 degrees F (175 degrees C) for 1 3/4 hours, or until it tests done with a toothpick.
- Let cool on a rack. Makes 16 to 20 servings.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:24.24, Inflammation Score:-6, Nutrition Score:9.834347901137%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 489.59kcal (24.48%), Fat: 26.11g (40.17%), Saturated Fat: 15.1g (94.36%), Carbohydrates: 58.37g (19.46%), Net Carbohydrates: 56.46g (20.53%), Sugar: 32.4g (36%), Cholesterol: 160.58mg (53.53%), Sodium: 365.68mg (15.9%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.59mg (2.2%), Protein: 7.9g (15.79%), Selenium: 20.51µg (29.3%), Vitamin B2: 0.33mg (19.45%), Folate: 72.79µg (18.2%), Vitamin B1: 0.26mg (17.59%), Manganese: 0.35mg (17.43%), Vitamin A: 853.12IU (17.06%), Iron: 2.49mg (13.85%), Phosphorus: 130.9mg (13.09%), Vitamin B3: 1.98mg (9.92%), Copper: 0.19mg (9.41%), Fiber: 1.9g (7.62%), Magnesium: 29.13mg (7.28%), Calcium: 70.26mg (7.03%), Vitamin B5: 0.68mg (6.8%), Vitamin E: 0.91mg (6.09%), Zinc: 0.86mg (5.73%), Vitamin B12: 0.32µg (5.36%), Potassium: 177.7mg (5.08%), Vitamin B6: 0.08mg (4.06%), Vitamin D: 0.53µg (3.52%), Vitamin K: 2.18µg (2.07%)