



Double Chocolate-Peanut Butter Snacking Cake

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



309 kcal

DESSERT

Ingredients

- 2 oz baker's chocolate unsweetened
- 0.5 tsp baking soda
- 0.8 cup creamy peanut butter
- 1 eggs
- 1.3 cups flour
- 1 cup granulated sugar
- 0.3 cup oil

- 3 Tbsp powdered sugar
- 0.5 tsp salt
- 8 oz baker's semi-sweet chocolate chopped
- 0.8 cup water

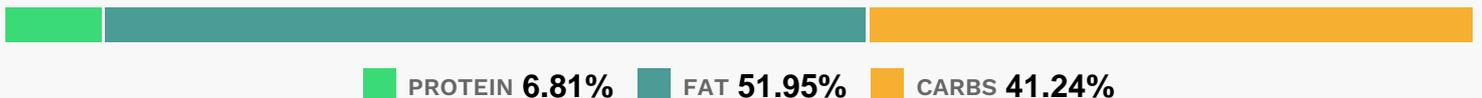
Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- toothpicks
- microwave

Directions

- Heat oven to 375F.
- Microwave unsweetened chocolate and oil in large microwaveable bowl on HIGH 45 sec. to 1 min. or until chocolate is almost melted; stir with whisk until chocolate is completely melted.
- Add next 6 ingredients; mix well. Stir in semi-sweet chocolate.
- Spread onto bottom of 9-inch square pan sprayed with cooking spray.
- Bake 30 to 35 min. or until toothpick inserted in center comes out clean. Run knife around sides of pan to loosen cake; cool completely.
- Mix peanut butter and powdered sugar until blended; spread onto cake.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:14.77, Inflammation Score:-3, Nutrition Score:7.8073913895566%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 309.09kcal (15.45%), Fat: 18.53g (28.51%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 30.52g (11.1%), Sugar: 20.49g (22.76%), Cholesterol: 11.08mg (3.69%), Sodium: 170.97mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.03mg (5.01%), Protein: 5.47g (10.94%), Manganese: 0.59mg (29.27%), Copper: 0.36mg (18.1%), Magnesium: 59.71mg (14.93%), Vitamin E: 2.05mg (13.68%), Iron: 2.26mg (12.56%), Vitamin B3: 2.39mg (11.96%), Phosphorus: 108.72mg (10.87%), Fiber: 2.58g (10.34%), Selenium: 6.43µg (9.19%), Folate: 31.75µg (7.94%), Zinc: 1.14mg (7.57%), Vitamin B1: 0.11mg (7.29%), Vitamin B2: 0.1mg (5.9%), Potassium: 193.23mg (5.52%), Vitamin K: 4.77µg (4.54%), Vitamin B6: 0.07mg (3.44%), Vitamin B5: 0.26mg (2.64%), Calcium: 21.91mg (2.19%)