



WHATSheATE



Double-Chocolate Snack Cake



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



241 kcal

DESSERT

Ingredients



0.8 cup flour all-purpose



0.5 cup brown sugar packed



2 tablespoons cocoa powder unsweetened



0.5 teaspoon baking soda



0.3 teaspoon salt



0.5 cup water



3 tablespoons canola oil



0.5 teaspoon vinegar white

- ☐ 0.3 teaspoon vanilla
- ☐ 0.3 cup semi chocolate chips
- ☐ 1 serving powdered sugar

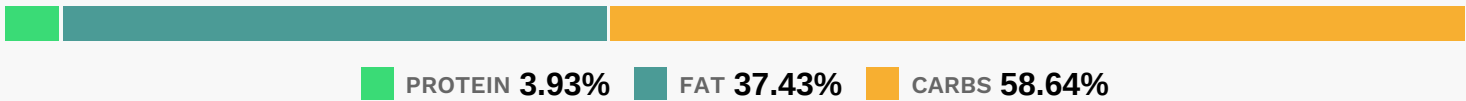
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. In ungreased 9x5-inch loaf pan, mix flour, brown sugar, cocoa, baking soda and salt with fork. Stir in remaining ingredients except chocolate chips and powdered sugar.
- ☐ Sprinkle chocolate chips over batter.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 30 minutes.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:4.8056521934012%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 241.39kcal (12.07%), Fat: 10.25g (15.78%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 36.16g (12.05%),
Net Carbohydrates: 34.52g (12.55%), Sugar: 21.93g (24.37%), Cholesterol: 0.45mg (0.15%), Sodium: 195.68mg
(8.51%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 10.28mg (3.43%), Protein: 2.42g (4.84%),
Manganese: 0.28mg (14.13%), Copper: 0.19mg (9.57%), Selenium: 6.4µg (9.14%), Iron: 1.56mg (8.68%), Vitamin E:
1.28mg (8.54%), Vitamin B1: 0.13mg (8.42%), Folate: 29.31µg (7.33%), Magnesium: 26.83mg (6.71%), Fiber: 1.64g
(6.55%), Vitamin K: 5.62µg (5.35%), Vitamin B3: 1.04mg (5.21%), Vitamin B2: 0.09mg (5.02%), Phosphorus: 49.37mg
(4.94%), Potassium: 109.26mg (3.12%), Zinc: 0.43mg (2.86%), Calcium: 25.05mg (2.51%), Vitamin B5: 0.12mg (1.19%)