

Easy Eggless Chocolate Cake

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 2 tablespoons butter
- 1.5 cups cake flour
- 0.5 teaspoon salt
- 14 ounce condensed milk sweetened canned
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

- 1 cup water
- 1 tablespoon distilled vinegar white
- 1 cup sugar white

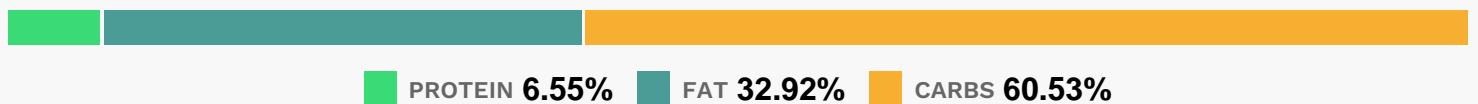
Equipment

- frying pan
- oven
- double boiler

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 8 x 8 inch square pan.
- Sift the flour, sugar, 3 tablespoons cocoa, baking powder, baking soda and salt together. Make a well in the center and add the water, oil, vinegar and vanilla. Beat until smooth and pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 30 minutes.
- Combine the 1/2 cup cocoa powder, sweetened condensed milk and butter in the top half of a double boiler and cook until thick.
- Spread warm mixture over the top of a slightly cooled cake.

Nutrition Facts



Properties

Glycemic Index:48.76, Glycemic Load:45.02, Inflammation Score:-4, Nutrition Score:8.8639130566431%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 459.76kcal (22.99%), Fat: 17.44g (26.84%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 72.17g (24.06%), Net Carbohydrates: 69.62g (25.32%), Sugar: 52.17g (57.97%), Cholesterol: 24.39mg (8.13%), Sodium: 376.62mg

(16.37%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 12.36mg (4.12%), Protein: 7.82g (15.63%), Selenium: 17.61µg (25.16%), Manganese: 0.4mg (19.93%), Phosphorus: 196.87mg (19.69%), Calcium: 175.57mg (17.56%), Vitamin K: 17.45µg (16.62%), Vitamin B2: 0.24mg (14.11%), Copper: 0.26mg (13.05%), Magnesium: 46.13mg (11.53%), Fiber: 2.55g (10.21%), Potassium: 291.42mg (8.33%), Zinc: 1.04mg (6.94%), Vitamin E: 1mg (6.68%), Iron: 1.11mg (6.17%), Vitamin B5: 0.49mg (4.92%), Vitamin B1: 0.07mg (4.52%), Vitamin A: 220.4IU (4.41%), Folate: 15.02µg (3.75%), Vitamin B12: 0.22µg (3.74%), Vitamin B3: 0.46mg (2.3%), Vitamin B6: 0.04mg (2.03%), Vitamin C: 1.29mg (1.56%)