



WHATSheATE



Everyday Cocoa Cake



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons baking soda
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.8 cups brown sugar light packed
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup butter unsalted softened
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

☐ 1.3 cups water

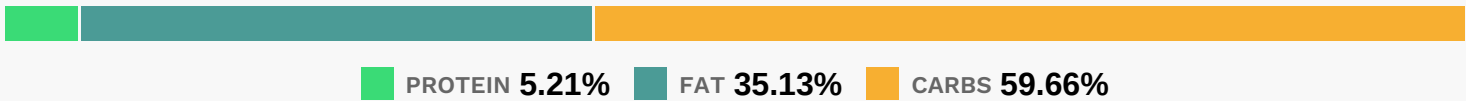
Equipment

- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350°F. Butter a 9- by 2-inch round cake pan and dust with flour, knocking out excess.
- ☐ Whisk together flour, cocoa, baking soda, and salt.
- ☐ Beat together butter and brown sugar with an electric mixer until pale and fluffy.
- ☐ Add eggs 1 at a time, beating well after each addition, then beat in vanilla.
- ☐ Add flour mixture and water alternately in batches, beginning and ending with flour and mixing just until combined.
- ☐ Pour batter into cake pan and bake in middle of oven until springy to the touch and a tester inserted in center comes out clean, 55 minutes to 1 hour. Cool in pan 1 hour. Invert onto a rack, then turn right side up and dust with confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:13.8, Inflammation Score:-5, Nutrition Score:8.3560869227285%

Flavonoids

Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 389.53kcal (19.48%), Fat: 15.89g (24.44%), Saturated Fat: 9.62g (60.11%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 57.65g (20.96%), Sugar: 37.62g (41.8%), Cholesterol: 73.8mg (24.6%), Sodium: 341.53mg (14.85%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Caffeine: 14.84mg (4.95%), Protein: 5.3g (10.6%), Manganese: 0.45mg (22.37%), Selenium: 13.1µg (18.72%), Copper: 0.31mg (15.7%), Iron: 2.51mg (13.95%), Vitamin B1: 0.21mg (13.75%), Folate: 53.41µg (13.35%), Fiber: 3.06g (12.25%), Vitamin B2: 0.19mg (11.23%), Magnesium: 43.06mg (10.76%), Phosphorus: 99.79mg (9.98%), Vitamin A: 479.45IU (9.59%), Vitamin B3: 1.68mg (8.38%), Potassium: 194.51mg (5.56%), Calcium: 54.75mg (5.47%), Zinc: 0.77mg (5.16%), Vitamin B5: 0.35mg (3.49%), Vitamin E: 0.52mg (3.48%), Vitamin D: 0.46µg (3.04%), Vitamin B6: 0.05mg (2.6%), Vitamin B12: 0.12µg (1.97%), Vitamin K: 1.46µg (1.39%)