



## Flowerpot Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

DESSERT

### Ingredients

- 0.3 cup vegetable oil plus more for pots
- 0.8 cup cocoa powder unsweetened for dusting plus more
- 1.5 cups flour all-purpose
- 1.5 cups sugar
- 1.5 teaspoons baking soda
- 0.8 teaspoon double-acting baking powder
- 0.8 teaspoon salt
- 1 large egg yolk
- 0.8 cup buttermilk

- 0.8 teaspoon vanilla extract pure
- 0.5 cup chocolate wafers such as nabisco famous crushed for garnish ( 10)
- 1 serving m&m candies pebble-shaped for garnish
- 1 serving thyme sprigs for garnish

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- offset spatula

## Directions

- Preheat oven to 350 degrees.
- Brush inside of each flowerpot with oil, and line bottom with parchment paper round.
- Brush parchment with oil, and lightly dust with cocoa.
- Sift cocoa, flour, sugar, baking soda, baking powder, and salt into the bowl of an electric mixer fitted with the paddle attachment.
- Add egg and yolk, 3/4 cup warm water, buttermilk, oil, and vanilla; mix on low speed until smooth, about 1 minute.
- Divide batter among prepared pots, filling each about two-thirds full.
- Transfer to a rimmed baking sheet.
- Bake, rotating sheet about halfway through, until a cake tester inserted into centers comes out clean, 45 to 50 minutes.
- Let cakes cool completely in the flowerpots on a wire rack.
- Frost cakes with an offset spatula; sprinkle with crushed cookies. Top with candies; "plant" 1 mint sprig in each cake.
- Anna Williams

# Nutrition Facts

PROTEIN 5.49% FAT 28.95% CARBS 65.56%

## Properties

Glycemic Index:60.43, Glycemic Load:59.51, Inflammation Score:-6, Nutrition Score:13.781304290761%

## Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 565.34kcal (28.27%), Fat: 19.18g (29.51%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 97.72g (32.57%), Net Carbohydrates: 92.14g (33.51%), Sugar: 60.65g (67.39%), Cholesterol: 34.67mg (11.56%), Sodium: 769.64mg (33.46%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 26.7mg (8.9%), Protein: 8.18g (16.36%), Manganese: 0.77mg (38.62%), Copper: 0.56mg (27.92%), Selenium: 16.26µg (23.22%), Fiber: 5.58g (22.33%), Vitamin K: 23.22µg (22.11%), Iron: 3.97mg (22.04%), Vitamin B1: 0.31mg (20.86%), Folate: 75.61µg (18.9%), Phosphorus: 186.39mg (18.64%), Magnesium: 74.58mg (18.64%), Vitamin B2: 0.31mg (18.24%), Vitamin B3: 2.68mg (13.38%), Calcium: 96.4mg (9.64%), Zinc: 1.35mg (9.03%), Vitamin E: 1.26mg (8.37%), Potassium: 284.74mg (8.14%), Vitamin B5: 0.44mg (4.39%), Vitamin D: 0.54µg (3.62%), Vitamin B12: 0.21µg (3.52%), Vitamin B6: 0.06mg (2.9%), Vitamin A: 106.24IU (2.12%)