



Fudge Cake

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water hot
- ☐ 1.5 cups sugar white

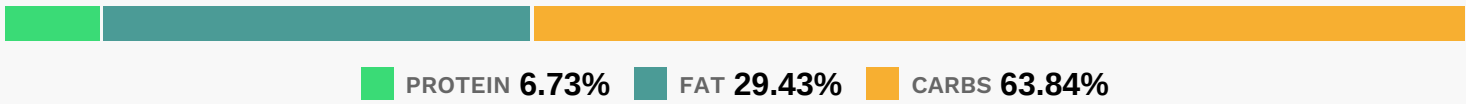
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Cream butter or margarine and sugar together in a large bowl.
- ☐ Add vanilla, and then eggs to the mixture.
- ☐ In another bowl, mix together flour, soda, baking powder, and salt. Sour the milk by adding the lemon juice or vinegar.
- ☐ Add flour mixture alternately with soured milk to the creamed mixture.
- ☐ Mix cocoa and hot water together, and beat into batter.
- ☐ Bake 30 to 35 minutes at 350 degrees F (175 degrees C). Cool, and frost with desired frosting.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:25.82, Inflammation Score:-3, Nutrition Score:5.6069565765236%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 232.9kcal (11.65%), Fat: 7.88g (12.12%), Saturated Fat: 4.64g (29%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 36.83g (13.39%), Sugar: 20.93g (23.26%), Cholesterol: 40.04mg (13.35%), Sodium: 243.95mg (10.61%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.59mg (2.2%), Protein: 4.05g (8.11%), Selenium: 9.78µg (13.97%), Manganese: 0.26mg (12.81%), Vitamin B1: 0.18mg (11.86%), Folate: 42.23µg (10.56%), Vitamin B2: 0.17mg (9.76%), Iron: 1.51mg (8.39%), Phosphorus: 79.34mg (7.93%), Copper: 0.15mg (7.37%), Vitamin B3: 1.32mg (6.6%), Fiber: 1.63g (6.51%), Magnesium: 22.02mg (5.5%), Vitamin A: 247.18IU (4.94%), Calcium: 48.38mg (4.84%), Zinc: 0.49mg (3.3%), Potassium: 102.07mg (2.92%), Vitamin B5: 0.26mg (2.59%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.3µg (1.98%), Vitamin E: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.66%)