



## German Chocolate Sauerkraut Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



576 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.7 cup butter
- 3 eggs
- 2.3 cups flour all-purpose sifted
- 0.3 teaspoon salt
- 0.7 cup sauerkraut drained chopped
- 0.5 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 1.3 cups water
- 1.3 cups sugar white

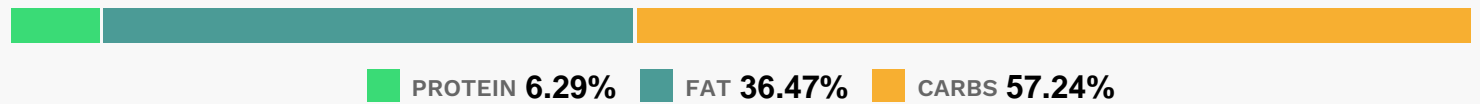
## Equipment

- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8-inch pans, round or square.
- Thoroughly cream together butter and sugar. Beat in eggs and vanilla.
- Sift together cocoa, flour, baking powder, soda, and salt, and add alternately with water to egg mixture. Stir in the sauerkraut.
- Pour batter into prepared pans.
- Bake at 350 degrees F (175 degrees C) for 30 minutes or until a wooden pick comes out clean. Frost with your favorite chocolate or white frosting.

## Nutrition Facts



## Properties

Glycemic Index:53.18, Glycemic Load:57.15, Inflammation Score:-7, Nutrition Score:13.469565194586%

## Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 575.65kcal (28.78%), Fat: 24.15g (37.16%), Saturated Fat: 14.31g (89.43%), Carbohydrates: 85.3g (28.43%), Net Carbohydrates: 80.93g (29.43%), Sugar: 45.07g (50.08%), Cholesterol: 136.07mg (45.36%), Sodium: 607.48mg (26.41%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 16.48mg (5.49%), Protein: 9.38g (18.75%), Selenium: 24.29µg (34.69%), Manganese: 0.63mg (31.41%), Vitamin B1: 0.39mg (25.8%), Folate: 102.96µg (25.74%), Vitamin B2: 0.37mg (21.79%), Iron: 3.89mg (21.61%), Copper: 0.38mg (19.09%), Fiber: 4.38g (17.5%),

Phosphorus: 170.64mg (17.06%), Vitamin A: 751.94IU (15.04%), Vitamin B3: 2.98mg (14.88%), Magnesium: 52.03mg (13.01%), Calcium: 80.54mg (8.05%), Zinc: 1.16mg (7.75%), Potassium: 224.35mg (6.41%), Vitamin B5: 0.6mg (6.03%), Vitamin E: 0.87mg (5.82%), Vitamin B6: 0.09mg (4.4%), Vitamin K: 4.2µg (4%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.44µg (2.93%), Vitamin C: 2.32mg (2.81%)