



## Gob Cake

READY IN



45 min.

SERVINGS



15

CALORIES



287 kcal

DESSERT

## Ingredients

- 3 teaspoons baking soda
- 0.5 cup butter softened
- 3 cups flour all-purpose
- 0.7 cup milk
- 1 teaspoon salt
- 0.5 cup shortening
- 6 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.7 cup vegetable oil

- 2 cups water
- 3 tablespoons distilled vinegar white
- 1 cup sugar white

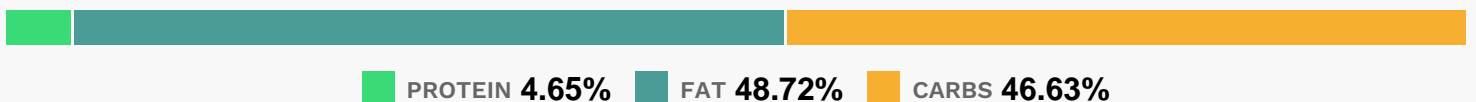
## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Mix the flour, 2 cups of the sugar, baking soda, 6 tablespoons of the cocoa, salt, vegetable oil, vinegar, 2 teaspoons vanilla, and the water together. Stir until just combined.
- Pour batter into on ungreased 13x9 inch baking pan.
- Bake at 325 degrees F (165 degrees C) for 30 to 35 minutes.
- Let cake cool than ice.
- To Make Icing: Beat together the butter or margarine, vegetable shortening, 1 cup sugar, milk, and 1 teaspoon vanilla. Continue beating for 10 minutes.
- Spread over cooled cake.

## Nutrition Facts



## Properties

Glycemic Index:18.87, Glycemic Load:23.31, Inflammation Score:-3, Nutrition Score:5.4639130493869%

## Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 286.53kcal (14.33%), Fat: 15.82g (24.33%), Saturated Fat: 6.3g (39.34%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 32.65g (11.87%), Sugar: 13.97g (15.52%), Cholesterol: 17.57mg (5.86%), Sodium: 429.68mg

(18.68%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 4.6mg (1.53%), Protein: 3.39g (6.79%), Vitamin B1: 0.21mg (13.71%), Selenium: 9.14µg (13.06%), Manganese: 0.25mg (12.55%), Folate: 46.62µg (11.65%), Vitamin B2: 0.15mg (8.74%), Iron: 1.45mg (8.08%), Vitamin B3: 1.54mg (7.68%), Vitamin K: 7.89µg (7.51%), Copper: 0.12mg (5.92%), Fiber: 1.41g (5.66%), Phosphorus: 54.59mg (5.46%), Vitamin E: 0.78mg (5.17%), Magnesium: 17.32mg (4.33%), Vitamin A: 206.66IU (4.13%), Zinc: 0.37mg (2.45%), Calcium: 22.93mg (2.29%), Potassium: 75.99mg (2.17%), Vitamin B5: 0.21mg (2.1%), Vitamin B12: 0.07µg (1.19%), Vitamin B6: 0.02mg (1.02%)