



Grandma's Chocolate Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



558 kcal

DESSERT

Ingredients

- ☐ 0.3 cup baking cocoa
- ☐ 0.7 cup baking cocoa
- ☐ 2 teaspoons baking soda
- ☐ 0.7 cup butter-flavored shortening
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 4 cups powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 3 teaspoons vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 2 tablespoons vinegar
- ☐ 2 cups water cold

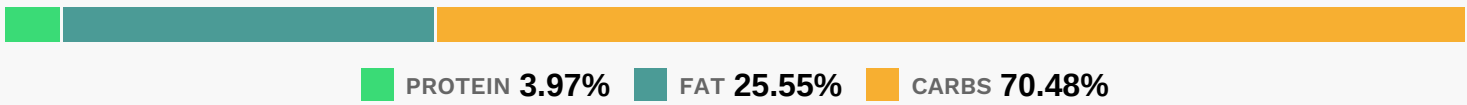
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ In a large bowl, combine flour and next 4 ingredients; mix well.
- ☐ Combine eggs and remaining ingredients in a seperate bowl.
- ☐ Add egg mixture to flour mixture; mix well.
- ☐ Spread in a greased 13"x9" baking pan.
- ☐ Bake at 350 for 30 to 35 minutes or until a toothpick inserted in center comes out clean. Cool completely before spreading with Chocolate Frosting.
- ☐ For Chocolate Frosting, mix together all ingredients; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:40.61, Inflammation Score:-4, Nutrition Score:9.0956522459569%

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: 557.61kcal (27.88%), Fat: 16.37g (25.18%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 101.62g (33.87%), Net Carbohydrates: 98.12g (35.68%), Sugar: 73.08g (81.2%), Cholesterol: 27.89mg (9.3%), Sodium: 297.53mg (12.94%), Alcohol: 0.57g (100%), Alcohol %: 0.37% (100%), Caffeine: 16.48mg (5.49%), Protein: 5.72g (11.45%), Manganese: 0.5mg (24.94%), Selenium: 14.42µg (20.6%), Vitamin B1: 0.26mg (17.28%), Copper: 0.33mg (16.74%), Folate: 62.93µg (15.73%), Iron: 2.63mg (14.6%), Fiber: 3.5g (13.98%), Vitamin B2: 0.23mg (13.39%), Magnesium: 44.75mg (11.19%), Vitamin K: 11.38µg (10.84%), Phosphorus: 106.21mg (10.62%), Vitamin B3: 2.02mg (10.1%), Vitamin E: 1.03mg (6.84%), Zinc: 0.84mg (5.57%), Potassium: 164.12mg (4.69%), Vitamin B5: 0.36mg (3.64%), Calcium: 26.65mg (2.67%), Vitamin B6: 0.04mg (1.92%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.2µg (1.35%)