



Grandma's Chocolate Marvel Cake

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 4 egg whites
- ☐ 2 cups flour all-purpose
- ☐ 1 cup nonfat milk
- ☐ 8 ounce prunes baby food pureed
- ☐ 0.3 teaspoon salt
- ☐ 1 cup strong coffee decoction brewed

- ☐ 1 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups sugar white

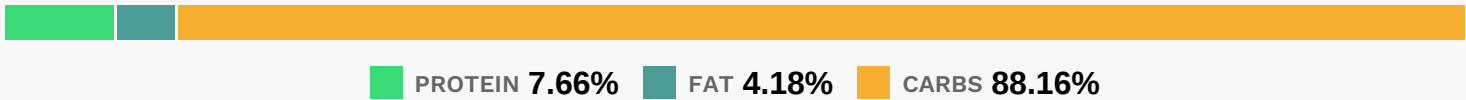
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Spray two 9 inch round cake pans with nonstick spray. Preheat oven to 350 degrees C (175 degrees C).
- ☐ In large mixing bowl, sift together flour, cocoa, sugar, baking soda, baking powder, and salt.
- ☐ In medium bowl, stir together milk, prunes, vanilla, egg whites or egg mixture, and coffee.
- ☐ Pour moist ingredients into dry, blending well. Divide batter equally between pans.
- ☐ Bake for 30 to 35 minutes, or until toothpick comes out clean.
- ☐ Let cool ten minutes in pan. Invert on wire rack, cool.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:28.73, Inflammation Score:-4, Nutrition Score:6.7813043636472%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 210.23kcal (10.51%), Fat: 1.05g (1.62%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 49.93g (16.64%), Net Carbohydrates: 46.51g (16.91%), Sugar: 31.38g (34.86%), Cholesterol: 0.46mg (0.15%), Sodium: 220.68mg (9.59%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 18.29mg (6.1%), Protein: 4.34g (8.67%), Manganese: 0.36mg (18.11%), Fiber: 3.42g (13.67%), Copper: 0.27mg (13.53%), Selenium: 8.07µg (11.52%), Vitamin B2: 0.19mg (10.94%), Magnesium: 39.31mg (9.83%), Vitamin B1: 0.15mg (9.67%), Iron: 1.65mg (9.18%), Phosphorus: 89.57mg (8.96%), Vitamin K: 8.63µg (8.22%), Folate: 31.78µg (7.95%), Potassium: 248.53mg (7.1%), Vitamin B3: 1.36mg (6.81%), Calcium: 51.37mg (5.14%), Zinc: 0.62mg (4.1%), Vitamin A: 141.94IU (2.84%), Vitamin B6: 0.05mg (2.59%), Vitamin B5: 0.25mg (2.49%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.17µg (1.12%)