

Guilt-Free Chocolate Cake

READY IN



45 min.

SERVINGS



12

CALORIES



184 kcal

DESSERT

Ingredients

- 1 package duncan hines devil's food cake (regular size)
- 0.5 cup cocoa powder
- 1.5 teaspoons powdered sugar
- 1 eggs
- 2 egg whites
- 1 cup yogurt plain reduced-fat
- 1.3 cups water

Equipment

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

Directions

- In a large bowl, combine the cake mix, water, yogurt, cocoa, egg whites and egg; beat on low for 30 seconds. Beat on medium for 2 minutes.
- Pour into a 10-in. fluted tube pan coated with cooking spray.
- Bake at 350° for 35–40 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Dust with confectioners' sugar.

Nutrition Facts

PROTEIN 9.76% **FAT 30.35%** **CARBS 59.89%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.1665217597847%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 183.93kcal (9.2%), Fat: 6.78g (10.43%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 27.91g (10.15%), Sugar: 15.58g (17.31%), Cholesterol: 14.86mg (4.95%), Sodium: 326.87mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.2mg (4.07%), Protein: 4.91g (9.81%), Phosphorus: 160.91mg (16.09%), Copper: 0.29mg (14.52%), Iron: 2.2mg (12.24%), Selenium: 7.78µg (11.11%), Manganese: 0.22mg (11.01%), Calcium: 99.14mg (9.91%), Magnesium: 39.52mg (9.88%), Fiber: 2.19g (8.76%), Vitamin B2: 0.15mg (8.75%), Folate: 27.64µg (6.91%), Potassium: 234.26mg (6.69%), Zinc: 0.77mg (5.1%), Vitamin B1: 0.07mg (4.98%), Vitamin B3: 0.69mg (3.43%), Vitamin E: 0.45mg (2.99%), Vitamin B12: 0.15µg (2.52%), Vitamin B5: 0.24mg (2.44%), Vitamin B6: 0.03mg (1.74%), Vitamin K: 1.51µg (1.44%)