



Hazel's Chocolate Cake

READY IN



55 min.

SERVINGS



15

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons shortening melted
- ☐ 1 cup milk sour
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons water hot

☐ 1 cup sugar white

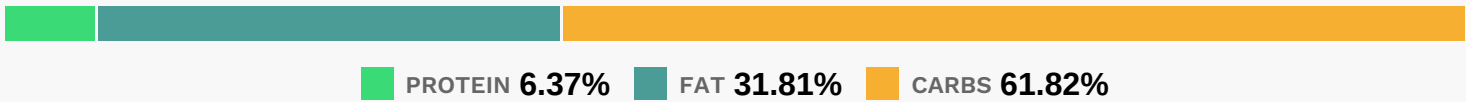
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. In a small bowl, mix together the cocoa and hot water and set aside.
- ☐ In a large bowl, beat together the sugar and shortening until smooth. Beat in the egg and stir in the vanilla. Sift together the flour, baking soda and salt. Beat in the flour mixture alternately with the sour milk. Stir in the cocoa and water mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:18.8, Inflammation Score:-2, Nutrition Score:3.7595652367758%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 174.26kcal (8.71%), Fat: 6.26g (9.63%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 26.57g (9.66%), Sugar: 14.2g (15.77%), Cholesterol: 12.86mg (4.29%), Sodium: 239.39mg (10.41%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.82g (5.64%), Selenium: 7.08µg (10.12%), Vitamin B1: 0.14mg (9.53%), Folate: 32.2µg (8.05%), Manganese: 0.16mg (7.75%), Vitamin B2: 0.12mg (7.26%), Iron: 0.98mg

(5.42%), Vitamin B3: 1.03mg (5.13%), Phosphorus: 47.59mg (4.76%), Copper: 0.07mg (3.3%), Fiber: 0.82g (3.28%), Magnesium: 11.03mg (2.76%), Vitamin K: 2.86µg (2.72%), Calcium: 25.83mg (2.58%), Vitamin E: 0.36mg (2.43%), Vitamin B5: 0.22mg (2.16%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.11µg (1.9%), Potassium: 62.17mg (1.78%), Vitamin D: 0.24µg (1.58%), Vitamin B6: 0.02mg (1.18%)