



Hot Water Chocolate Cake

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



235 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter
- 0.5 cup buttermilk
- 2 eggs beaten
- 2 cups flour all-purpose
- 1 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 1 cup water
- 2 cups sugar white

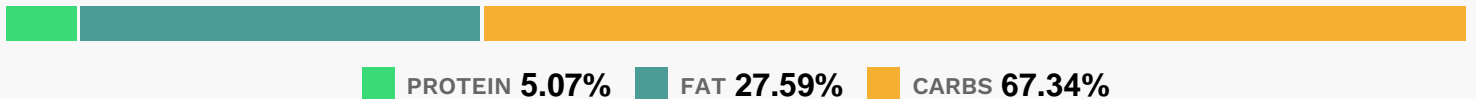
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13 inch pan.
- Mix together the sugar, flour, cocoa, baking powder, baking soda and salt. Set aside.
- In a large saucepan bring butter and water to a boil.
- Remove from heat. Stir in flour mixture.
- Pour in buttermilk, eggs and vanilla; mix thoroughly.
- Pour cake batter into prepared 9x13 inch baking pan.
- Bake in preheated oven for 25 minutes or until a toothpick inserted in center comes out clean.
- Remove cake from oven and frost immediately.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:28.01, Inflammation Score:-3, Nutrition Score:4.1439130306244%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 235.11kcal (11.76%), Fat: 7.4g (11.39%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 39.67g (14.43%), Sugar: 27.13g (30.15%), Cholesterol: 38.97mg (12.99%), Sodium: 323.36mg (14.06%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.3mg (1.1%), Protein: 3.06g (6.13%), Selenium: 8.19µg (11.7%), Vitamin B1: 0.14mg (9.23%), Manganese: 0.17mg (8.64%), Folate: 34.34µg (8.59%), Vitamin B2: 0.13mg (7.9%), Iron: 1.12mg (6.24%), Phosphorus: 54.61mg (5.46%), Vitamin B3: 1.03mg (5.16%), Vitamin A: 233.97IU (4.68%), Copper: 0.09mg (4.46%), Fiber: 0.98g (3.92%), Calcium: 35.17mg (3.52%), Magnesium: 12.74mg (3.19%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.21mg (2.05%), Potassium: 61.35mg (1.75%), Vitamin B12: 0.1µg (1.7%), Vitamin E: 0.25mg (1.69%), Vitamin D: 0.22µg (1.48%), Vitamin B6: 0.02mg (1.11%)