



Idahoan Coca-Cola® Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



526 kcal

DESSERT

Ingredients

- 2.5 teaspoons baking soda
- 8 ounces coca-cola for an adult cake guinness® (or)
- 16 ounce cream cheese
- 2 medium eggs
- 0.3 cup heavy cream
- 2 cups boxed original potatoes dry mashed idahoan®
- 0.8 cup powdered sugar
- 0.5 cup cup heavy whipping cream sour

- 1.8 cups caster sugar
- 1 stick butter unsalted
- 0.5 cup cocoa powder unsweetened
- 1 tablespoon vanilla

Equipment

- food processor
- frying pan
- sauce pan
- oven
- whisk
- toothpicks

Directions

- Preheat oven to 350 degrees F. Coat the sides and bottom of spring form pan with nonstick cooking spray.
- Melt stick of butter in a large, wide sauce pan.
- Add cola, cocoa powder and superfine sugar and whisk until smooth.
- Remove from heat.
- Whisk sour cream, eggs and vanilla thoroughly until almost a batter-like consistency and add slowly into the slightly cooled butter mixture.
- Add dry Original Mashed Potato flakes and baking soda. Stir thoroughly. The batter will have a slightly grainy appearance but don't be concerned.
- Pour into spring form pan and bake for 45 minutes to an hour. Test center of cake with a wooden toothpick (cake is done when the toothpick comes out clean).
- Cool and remove from spring form pan. Note: This is a very dark and dense cake.
- Frosting: The cream cheese should be at room temperature.
- Add cream and powdered sugar and mix in a food processor or with a large whisk. Adjust powdered sugar and cream to ensure a nicely thick frosting that is still spreadable.

Frost just the top of the cake once it's unmolded and serve chilled. This cake is even better the next day!

Nutrition Facts

PROTEIN 4.65% **FAT 52.48%** **CARBS 42.87%**

Properties

Glycemic Index:18.08, Glycemic Load:30.48, Inflammation Score:-7, Nutrition Score:8.0960869892784%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 525.74kcal (26.29%), Fat: 31.44g (48.37%), Saturated Fat: 18.59g (116.17%), Carbohydrates: 57.8g (19.27%), Net Carbohydrates: 55.28g (20.1%), Sugar: 46.67g (51.85%), Cholesterol: 118.59mg (39.53%), Sodium: 439.54mg (19.11%), Alcohol: 0.45g (100%), Alcohol %: 0.28% (100%), Caffeine: 9.89mg (3.3%), Protein: 6.27g (12.53%), Vitamin A: 1128.19IU (22.56%), Phosphorus: 137.59mg (13.76%), Vitamin B2: 0.22mg (12.71%), Manganese: 0.24mg (12.16%), Selenium: 8.39µg (11.98%), Copper: 0.23mg (11.58%), Vitamin C: 8.43mg (10.21%), Fiber: 2.52g (10.06%), Potassium: 341.63mg (9.76%), Magnesium: 38.34mg (9.59%), Vitamin B6: 0.18mg (8.88%), Calcium: 79.62mg (7.96%), Iron: 1.17mg (6.51%), Vitamin B5: 0.6mg (6%), Vitamin E: 0.87mg (5.8%), Zinc: 0.83mg (5.52%), Folate: 17.66µg (4.42%), Vitamin B12: 0.23µg (3.9%), Vitamin B1: 0.06mg (3.7%), Vitamin D: 0.47µg (3.15%), Vitamin B3: 0.61mg (3.05%), Vitamin K: 3.1µg (2.95%)