



## Kathy's Chocolate Party Cake

READY IN



45 min.

SERVINGS



16

CALORIES



244 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 0.5 cup egg substitute
- 1.8 cups flour all-purpose
- 1.5 teaspoons espresso grounds instant
- 1 cup buttermilk low-fat
- 1 teaspoon salt
- 2 cups strawberries sliced
- 2 cups sugar

- 0.8 cup cocoa unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 1 cup water boiling
- 8 ounce carton whipped topping frozen thawed reduced-calorie

## Equipment

- bowl
- oven
- knife
- blender
- measuring cup

## Directions

- Preheat oven to 350
- Combine water and espresso in a bowl. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (flour through salt) in a large bowl.
- Combine espresso mixture, buttermilk, egg substitute, oil, and vanilla; add to sugar mixture, beating at medium speed of a mixer until well-blended (batter will be thin).
- Pour batter into 2 (9-inch) round cake pans coated with baking spray.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool layers in pans 10 minutes, and remove from pans. Cool layers completely on wire racks.
- Place 1 cake layer on a plate; spread with 1 cup whipped topping, and top with other cake layer.
- Spread remaining whipped topping over top of cake. Arrange strawberries on top of cake. Store cake loosely covered in refrigerator.

## Nutrition Facts



■ PROTEIN 6.26% ■ FAT 25.93% ■ CARBS 67.81%

## Properties

Glycemic Index:17.32, Glycemic Load:25.47, Inflammation Score:-3, Nutrition Score:6.5434783101082%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 243.65kcal (12.18%), Fat: 7.38g (11.35%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 41.21g (14.99%), Sugar: 30.18g (33.54%), Cholesterol: 0.88mg (0.29%), Sodium: 358.32mg (15.58%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 12.22mg (4.07%), Protein: 4.01g (8.01%), Manganese: 0.32mg (16.09%), Selenium: 9.18µg (13.12%), Vitamin C: 10.77mg (13.06%), Copper: 0.19mg (9.52%), Vitamin K: 9.38µg (8.93%), Vitamin B2: 0.15mg (8.89%), Fiber: 2.22g (8.88%), Vitamin B1: 0.13mg (8.78%), Phosphorus: 83.69mg (8.37%), Folate: 33µg (8.25%), Iron: 1.49mg (8.25%), Magnesium: 29.79mg (7.45%), Calcium: 58.66mg (5.87%), Vitamin B3: 1.03mg (5.13%), Potassium: 160.65mg (4.59%), Vitamin E: 0.63mg (4.22%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.26mg (2.59%), Vitamin B6: 0.04mg (1.86%), Vitamin B12: 0.09µg (1.45%)