



Low Sugar Mocha Nut Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon coffee powder instant
- ☐ 2 tablespoons milk powder dry
- ☐ 0.3 teaspoon salt

- ☐ 1 gram artificial sweetener
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 0.8 cup water hot

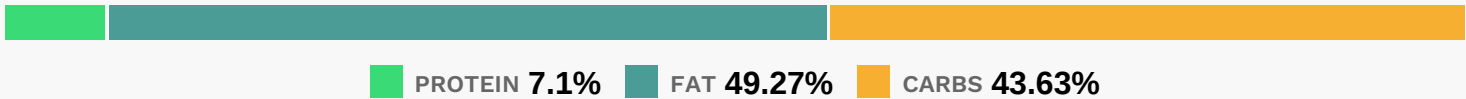
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Combine the hot water and instant coffee. Set aside.
- ☐ Whisk together flour, cocoa, dry milk, baking powder and salt.
- ☐ In a large bowl, cream the butter or margarine, brown sugar, and sugar substitute with an electric mixer on medium speed until the mixture is light and fluffy.
- ☐ Add the egg and vanilla; beat for 1 minute.
- ☐ Mix the flour mixture into the creamed mixture, alternately with the coffee. Stir in the nuts. Beat at medium speed until smooth.
- ☐ Pour the batter into a 9 inch square pan that has been sprayed with cooking spray.
- ☐ Bake at 350 degrees F (175 degrees C) for about 30 minutes, or until the cake pulls away from the sides of the pan. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:13.57, Inflammation Score:-5, Nutrition Score:7.749999989634%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 275.29kcal (13.76%), Fat: 15.64g (24.06%), Saturated Fat: 8.33g (52.05%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 28.86g (10.49%), Sugar: 9.96g (11.06%), Cholesterol: 52.78mg (17.59%), Sodium: 289.91mg (12.6%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Caffeine: 27.87mg (9.29%), Protein: 5.07g (10.15%), Manganese: 0.44mg (22.12%), Selenium: 10.96µg (15.66%), Vitamin B1: 0.21mg (13.84%), Folate: 51.42µg (12.85%), Copper: 0.24mg (12.12%), Phosphorus: 117.31mg (11.73%), Iron: 2mg (11.13%), Vitamin B2: 0.18mg (10.78%), Calcium: 103.29mg (10.33%), Fiber: 2.21g (8.82%), Magnesium: 34.77mg (8.69%), Vitamin B3: 1.71mg (8.57%), Vitamin A: 402.49IU (8.05%), Potassium: 166.87mg (4.77%), Zinc: 0.68mg (4.5%), Vitamin E: 0.44mg (2.94%), Vitamin B5: 0.29mg (2.88%), Vitamin B6: 0.05mg (2.68%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.31µg (2.05%), Vitamin K: 1.32µg (1.26%)