



Marble Bundt Cake

 Vegetarian

READY IN



55 min.

SERVINGS



14

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 6 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 lemon zest juiced
- ☐ 1 cup yogurt plain
- ☐ 1 pinch salt
- ☐ 2 teaspoons cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon irish whiskey
- ☐ 2 cups sugar white

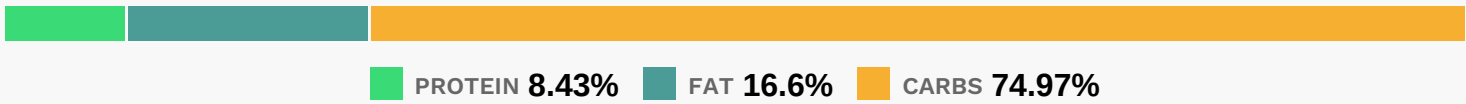
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch bundt pan.
- ☐ Use an electric mixer to beat the butter and sugar together. Beat in the eggs, one at a time.
- ☐ Mix in whiskey, lemon zest, lemon juice, yogurt, vanilla, and a pinch of salt. Stir the flour into the batter a little bit at a time. Allow batter to rest for 5 minutes.
- ☐ Stir the baking powder into the batter.
- ☐ Remove 3/4 cup batter from bowl.
- ☐ Pour remaining batter into prepared bundt pan. Stir the cocoa powder into the reserved batter.
- ☐ Pour chocolate batter evenly into the center of the batter in the pan.
- ☐ Bake cake in preheated oven until the top is golden, and the cake springs back when pressed lightly, about 40 minutes. Allow cake to cool before removing from bundt pan.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:30.14, Inflammation Score:-2, Nutrition Score:5.1782609185447%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 229.42kcal (11.47%), Fat: 4.27g (6.57%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 42.84g (15.58%), Sugar: 29.51g (32.78%), Cholesterol: 76.72mg (25.57%), Sodium: 126.89mg (5.52%), Alcohol: 0.2g (100%), Alcohol %: 0.29% (100%), Protein: 4.88g (9.76%), Selenium: 12.44µg (17.78%), Vitamin B2: 0.21mg (12.14%), Folate: 42.93µg (10.73%), Vitamin B1: 0.15mg (10.22%), Phosphorus: 90.5mg (9.05%), Calcium: 77.94mg (7.79%), Iron: 1.28mg (7.14%), Manganese: 0.14mg (6.76%), Vitamin B3: 1.09mg (5.44%), Vitamin B5: 0.44mg (4.39%), Vitamin B12: 0.24µg (3.93%), Vitamin A: 169.35IU (3.39%), Zinc: 0.49mg (3.25%), Vitamin D: 0.39µg (2.63%), Copper: 0.05mg (2.45%), Magnesium: 9.34mg (2.33%), Vitamin B6: 0.05mg (2.33%), Fiber: 0.58g (2.33%), Potassium: 76.73mg (2.19%), Vitamin E: 0.27mg (1.78%)