



Mayonnaise Cake III



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 4 cups flour all-purpose
- ☐ 2 cups mayonnaise
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups water hot
- ☐ 2 cups sugar white

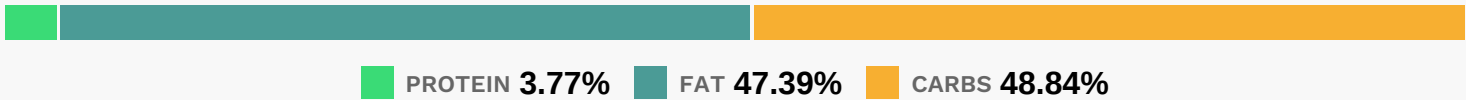
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ Sift together flour, sugar, cocoa and baking soda.
- ☐ Add mayonnaise, water, and vanilla. Beat 2 minutes.
- ☐ Pour into prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C), 30–35 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:37.1, Inflammation Score:-3, Nutrition Score:8.0513042690961%

Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 433.19kcal (21.66%), Fat: 23.03g (35.43%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 53.39g (17.8%), Net Carbohydrates: 51.75g (18.82%), Sugar: 26.98g (29.97%), Cholesterol: 12.54mg (4.18%), Sodium: 338.55mg (14.72%), Alcohol: 0.18g (100%), Alcohol %: 0.19% (100%), Caffeine: 4.6mg (1.53%), Protein: 4.12g (8.24%), Vitamin K: 48.83µg (46.51%), Selenium: 12.43µg (17.76%), Vitamin B1: 0.27mg (17.75%), Folate: 63.13µg (15.78%), Manganese: 0.31mg (15.42%), Vitamin B2: 0.18mg (10.63%), Iron: 1.9mg (10.56%), Vitamin B3: 2.01mg (10.07%), Copper: 0.14mg (6.84%), Vitamin E: 1mg (6.68%), Fiber: 1.64g (6.56%), Phosphorus: 56.98mg (5.7%), Magnesium: 17.99mg (4.5%), Zinc: 0.42mg (2.8%), Potassium: 73.36mg (2.1%), Vitamin B5: 0.2mg (2.03%), Calcium: 11.22mg (1.12%)