



Mexican Chocolate Cake

READY IN



45 min.

SERVINGS



28

CALORIES



133 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup butter softened
- 0.5 cup milk sour
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil

- 1 cup water
- 2 cups sugar white

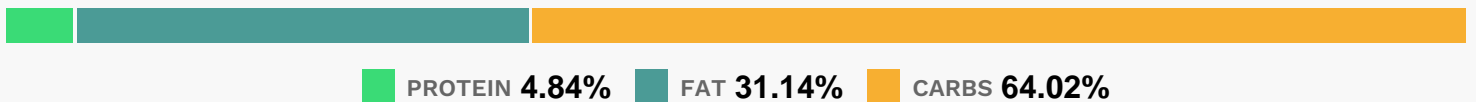
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 12x18 inch pan.
- In a large bowl, stir together the flour, cocoa, sugar, baking soda and cinnamon.
- Add the margarine, oil, water, sour milk, eggs and vanilla, mix until smooth.
- Spread evenly into the prepared pan.
- Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:14.98, Inflammation Score:-2, Nutrition Score:2.3156521531713%

Flavonoids

Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 132.97kcal (6.65%), Fat: 4.72g (7.26%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 21.26g (7.73%), Sugar: 14.54g (16.15%), Cholesterol: 12.21mg (4.07%), Sodium: 84.35mg (3.67%), Alcohol: 0.05g (100%), Alcohol %: 0.13% (100%), Protein: 1.65g (3.3%), Selenium: 4.27µg (6.1%), Manganese: 0.1mg (5.24%), Vitamin B1: 0.07mg (4.99%), Folate: 18.11µg (4.53%), Vitamin B2: 0.07mg (4.16%), Vitamin A: 169.24IU

(3.38%), Iron: 0.59mg (3.27%), Vitamin B3: 0.55mg (2.77%), Phosphorus: 26.89mg (2.69%), Copper: 0.05mg (2.35%), Fiber: 0.56g (2.25%), Magnesium: 6.96mg (1.74%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.52µg (1.45%), Zinc: 0.18mg (1.18%), Calcium: 11.79mg (1.18%), Vitamin B5: 0.11mg (1.09%)