



Mexican Chocolate Cakes

 Vegetarian

READY IN



135 min.

SERVINGS



20

CALORIES



240 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 2 tablespoons balsamic vinegar
- 0.5 teaspoon ground pepper
- 1.5 tablespoons cinnamon
- 2 large eggs
- 2.8 cups flour
- 1.3 cups granulated sugar
- 1 cup brown sugar light packed

- 0.5 cup olive oil
- 20 servings powdered sugar
- 0.5 teaspoon salt
- 1 cup cocoa powder unsweetened
- 1.5 tablespoons vanilla extract
- 0.5 cup vegetable oil
- 2 cups milk whole

Equipment

- bowl
- oven
- whisk
- toothpicks
- spatula

Directions

- Preheat oven to 35
- Butter two 8-in. round cake pans. Line bottoms with waxed paper cut to fit. Butter paper, then dust pans with 1/2 tbsp. cocoa.
- Whisk remaining 1 cup cocoa, the flour, sugars, cinnamon, soda, cayenne, and salt in a bowl to blend.
- Add milk, oils, eggs, vinegar, and vanilla; whisk until smooth.
- Pour into pans, dividing batter evenly.
- Bake until a toothpick inserted in each cake comes out clean, about 45 minutes.
- Cool cakes in pans for 10 minutes. Loosen cakes from pans with a metal spatula. Turn out each cake onto a plate. Discard waxed paper. Invert cakes onto racks and cool completely. Sift powdered sugar over stencils onto cakes.
- Make ahead: Up to 1 day, covered; top with powdered sugar after unwrapping.

Nutrition Facts



■ PROTEIN 6.55% ■ FAT 15.25% ■ CARBS 78.2%

Properties

Glycemic Index:13.5, Glycemic Load:18.8, Inflammation Score:-3, Nutrition Score:6.2256522104144%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 240.24kcal (12.01%), Fat: 4.24g (6.52%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 46.53g (16.92%), Sugar: 32.66g (36.29%), Cholesterol: 21.53mg (7.18%), Sodium: 189.11mg (8.22%), Alcohol: 0.34g (100%), Alcohol %: 0.44% (100%), Caffeine: 9.89mg (3.3%), Protein: 4.1g (8.2%), Manganese: 0.4mg (20.14%), Selenium: 8.72µg (12.46%), Vitamin B1: 0.15mg (10.29%), Copper: 0.2mg (10.08%), Fiber: 2.39g (9.55%), Vitamin B2: 0.16mg (9.25%), Iron: 1.65mg (9.14%), Folate: 35.38µg (8.84%), Phosphorus: 86mg (8.6%), Magnesium: 30.5mg (7.63%), Vitamin B3: 1.17mg (5.83%), Calcium: 56.9mg (5.69%), Potassium: 149.14mg (4.26%), Zinc: 0.6mg (3.99%), Vitamin K: 3.13µg (2.98%), Vitamin B12: 0.18µg (2.94%), Vitamin B5: 0.27mg (2.71%), Vitamin D: 0.37µg (2.46%), Vitamin E: 0.35mg (2.35%), Vitamin B6: 0.04mg (2.15%), Vitamin A: 89.1IU (1.78%)