



Microwave Chocolate Cake

 Vegetarian

READY IN



25 min.

SERVINGS



9

CALORIES



349 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 1 cup sugar
- 3 tablespoons cocoa powder
- 1 teaspoon baking soda
- 0.3 teaspoon salt
- 1 cup water cold
- 0.3 cup vegetable oil
- 1 tablespoon vinegar

- 1 teaspoon vanilla extract
- 1 cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons cocoa powder
- 1 cup water boiling
- 1 Dash salt
- 1 tablespoon butter
- 1 teaspoon vanilla extract

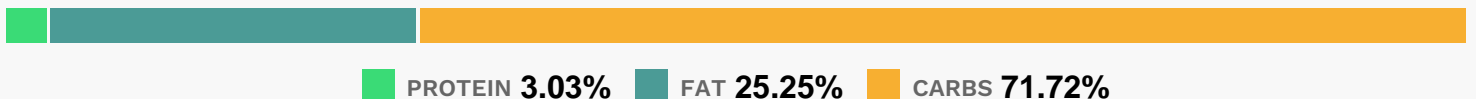
Equipment

- bowl
- toothpicks
- microwave

Directions

- In a bowl, combine the first five ingredients. Stir in water, oil, vinegar and vanilla until well blended.
- Pour into an ungreased 8-in. square microwave-safe dish.
- Microwave on high for 3-5 minutes, turning the dish every minute, or until a toothpick inserted in the center comes out clean.
- In a 1-qt. microwave-safe bowl, combine sugar, cornstarch and cocoa. Stir in water and salt. Microwave 30 seconds more. Stir in butter and vanilla.
- Serve with warm cake.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:42.53, Inflammation Score:-2, Nutrition Score:5.036521775891%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 348.85kcal (17.44%), Fat: 10.06g (15.48%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 64.32g (21.44%), Net Carbohydrates: 62.71g (22.8%), Sugar: 44.57g (49.53%), Cholesterol: 3.34mg (1.11%), Sodium: 204.93mg (8.91%), Alcohol: 0.31g (100%), Alcohol %: 0.28% (100%), Caffeine: 6.39mg (2.13%), Protein: 2.72g (5.43%), Vitamin K: 15.09µg (14.37%), Manganese: 0.26mg (12.75%), Selenium: 7.83µg (11.18%), Vitamin B1: 0.17mg (11.06%), Folate: 39.06µg (9.77%), Iron: 1.39mg (7.73%), Copper: 0.15mg (7.45%), Vitamin B2: 0.12mg (7.03%), Vitamin B3: 1.29mg (6.47%), Fiber: 1.61g (6.46%), Magnesium: 19.21mg (4.8%), Vitamin E: 0.71mg (4.75%), Phosphorus: 43.73mg (4.37%), Zinc: 0.35mg (2.33%), Potassium: 67.22mg (1.92%)