



Midnight Chocolate Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 large egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup salad oil
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla

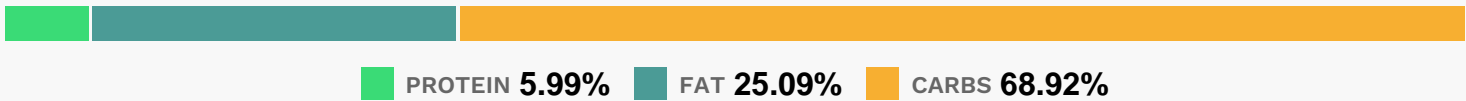
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ cake form
- ☐ spatula

Directions

- ☐ Oil a metal 8-inch-square or 8-inch-wide round cake pan, or a 9-inch-wide, 1 1/2- to 2-inch-deep heart-shaped pan. Line pan bottom with waxed paper cut to fit; oil paper. Dust pan with cocoa, shaking out excess.
- ☐ In a bowl, mix 2/3 cup cocoa, flour, soda, and salt.
- ☐ In another bowl with a mixer, beat to blend sugar, 1/4 cup salad oil, egg whites, vanilla, and 1 cup water.
- ☐ Add flour mixture; stir to mix, then beat until batter is smooth. Scrape batter into prepared pan.
- ☐ Bake in a 350 oven until cake begins to pull from pan side and springs back when lightly pressed in center, 35 to 40 minutes.
- ☐ Let cool in pan on a rack for 10 minutes. Run a thin knife between cake and pan rim, invert cake onto a rack, lift off pan, and gently pull off and discard waxed paper.
- ☐ Let cool about 1 hour. Invert a flat plate onto cake; holding rack and plate together, turn cake over onto plate.
- ☐ Spread cake with whipped frosting, swirling with small spatula. Lightly dust with more cocoa.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:33.32, Inflammation Score:-3, Nutrition Score:6.7726087126395%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 280.1kcal (14%), Fat: 8.3g (12.77%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 51.3g (17.1%), Net Carbohydrates: 48.08g (17.48%), Sugar: 31.49g (34.99%), Cholesterol: 0mg (0%), Sodium: 225.45mg (9.8%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Caffeine: 16.48mg (5.49%), Protein: 4.46g (8.91%), Manganese: 0.42mg (21.03%), Copper: 0.31mg (15.31%), Selenium: 9.93µg (14.18%), Fiber: 3.21g (12.86%), Vitamin B1: 0.17mg (11.3%), Iron: 1.99mg (11.03%), Magnesium: 41.31mg (10.33%), Folate: 40.75µg (10.19%), Vitamin B2: 0.16mg (9.58%), Vitamin E: 1.24mg (8.3%), Phosphorus: 76.37mg (7.64%), Vitamin B3: 1.4mg (6.99%), Vitamin K: 5.23µg (4.98%), Zinc: 0.64mg (4.27%), Potassium: 146.05mg (4.17%), Calcium: 13.29mg (1.33%), Vitamin B5: 0.13mg (1.25%)