



Mocha-Fudge Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups brown sugar
- ☐ 4 tablespoons butter
- ☐ 0.8 cup hot-brewed coffee hot
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cream sour

- ☐ 3 ounces baker's chocolate unsweetened melted
- ☐ 1.5 teaspoons vanilla extract pure

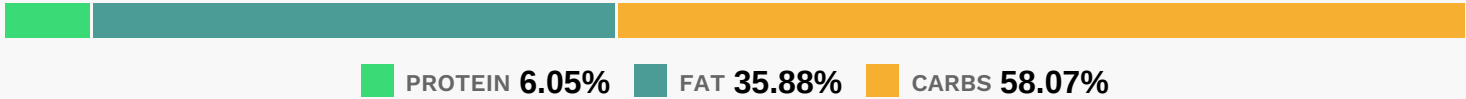
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Beat sugar and butter in a bowl until combined. Beat in eggs, then chocolate, then sour cream. Sift flour and baking soda in a bowl; add to chocolate mixture. Beat in coffee, vanilla and salt until combined. Coat a 9" x 13" pan with cooking spray; pour in batter.
- ☐ Bake until a toothpick inserted in center comes out clean, 35 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:6.7395652338215%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 276.12kcal (13.81%), Fat: 11.48g (17.67%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 40.23g (14.63%), Sugar: 27.38g (30.42%), Cholesterol: 59.43mg (19.81%), Sodium: 293.83mg (12.78%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 11.59mg (3.86%), Protein: 4.36g (8.71%), Manganese: 0.43mg (21.45%), Selenium: 10.16µg (14.51%), Copper: 0.28mg (13.79%), Iron: 2.36mg (13.11%), Vitamin

B2: 0.17mg (10.12%), Vitamin B1: 0.14mg (9.51%), Folate: 37.32µg (9.33%), Magnesium: 32.45mg (8.11%), Phosphorus: 80.62mg (8.06%), Zinc: 1mg (6.65%), Fiber: 1.6g (6.39%), Vitamin B3: 1.1mg (5.51%), Calcium: 54.54mg (5.45%), Vitamin A: 265.58IU (5.31%), Potassium: 154.41mg (4.41%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.14µg (2.27%), Vitamin B6: 0.05mg (2.25%), Vitamin E: 0.32mg (2.12%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.32µg (1.26%)