



My Mom's Chocolate Cake

READY IN



60 min.

SERVINGS



6

CALORIES



447 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water hot

☐ 1 cup sugar white

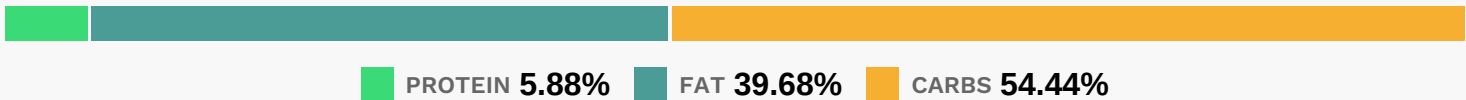
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 inch square pan.
- ☐ In a large saucepan, melt together the shortening and cocoa.
- ☐ Remove from heat and stir in sugar and egg.
- ☐ Mix buttermilk with baking soda, salt and vanilla, then blend into chocolate mixture. Beat in flour. Stir in hot water.
- ☐ Pour into prepared pan.
- ☐ Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:41.13, Inflammation Score:-4, Nutrition Score:10.154347751452%

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: 446.65kcal (22.33%), Fat: 20.5g (31.54%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 63.29g (21.1%), Net Carbohydrates: 59.79g (21.74%), Sugar: 35.54g (39.49%), Cholesterol: 31.68mg (10.56%), Sodium: 432.8mg (18.82%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Caffeine: 16.48mg (5.49%), Protein: 6.84g (13.68%),

Manganese: 0.5mg (24.76%), Selenium: 15.55µg (22.22%), Vitamin B1: 0.28mg (18.41%), Copper: 0.34mg (16.9%), Vitamin B2: 0.28mg (16.53%), Folate: 64.93µg (16.23%), Iron: 2.62mg (14.54%), Fiber: 3.5g (13.98%), Phosphorus: 134.91mg (13.49%), Magnesium: 47.8mg (11.95%), Vitamin B3: 2.05mg (10.23%), Vitamin K: 9.5µg (9.05%), Vitamin E: 1.18mg (7.85%), Calcium: 65.26mg (6.53%), Zinc: 0.96mg (6.4%), Potassium: 208.18mg (5.95%), Vitamin B5: 0.54mg (5.36%), Vitamin D: 0.67µg (4.44%), Vitamin B12: 0.25µg (4.15%), Vitamin B6: 0.05mg (2.47%), Vitamin A: 105.6IU (2.11%)