

# Nairobi Chocolate Cake

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 eggs room temperature
- 2 cups flour all-purpose
- 1 teaspoon salt
- 0.8 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil

- 0.5 cup water
- 1.8 cups granulated sugar white

## Equipment

- baking paper
- oven
- mixing bowl
- wire rack
- hand mixer
- toothpicks

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease and flour two 9-inch cake pans or line them with parchment paper.
- Combine the flour, baking soda, baking powder, sugar, salt, cocoa powder, 3/4 cup water, and vegetable oil in a mixing bowl. Beat with an electric mixer on medium speed for 2 minutes.
- Add the eggs, vanilla extract, and 1/2 cup water and beat for another 2 minutes.
- Pour the batter into the prepared cake pans.
- Bake in the preheated oven until the surface of the cake springs back when lightly pressed and a toothpick inserted into the center comes out clean, about 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

## Nutrition Facts



**PROTEIN 7.22%** **FAT 16.99%** **CARBS 75.79%**

## Properties

Glycemic Index:29.64, Glycemic Load:47.86, Inflammation Score:-4, Nutrition Score:9.8117391337519%

## Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 361.87kcal (18.09%), Fat: 7.21g (11.09%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 72.34g (24.11%), Net Carbohydrates: 68.51g (24.91%), Sugar: 44.01g (48.9%), Cholesterol: 61.38mg (20.46%), Sodium: 480.95mg (20.91%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 18.54mg (6.18%), Protein: 6.89g (13.78%), Manganese: 0.53mg (26.54%), Selenium: 17.08µg (24.4%), Copper: 0.37mg (18.42%), Vitamin B1: 0.26mg (17.22%), Folate: 67.52µg (16.88%), Iron: 2.91mg (16.18%), Fiber: 3.83g (15.31%), Vitamin B2: 0.26mg (15.18%), Phosphorus: 131.11mg (13.11%), Magnesium: 49.37mg (12.34%), Vitamin B3: 2.04mg (10.18%), Vitamin K: 7.86µg (7.49%), Zinc: 0.99mg (6.59%), Potassium: 180.48mg (5.16%), Vitamin B5: 0.41mg (4.1%), Calcium: 40.05mg (4.01%), Vitamin E: 0.53mg (3.56%), Vitamin B6: 0.05mg (2.57%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%), Vitamin A: 89.1IU (1.78%)