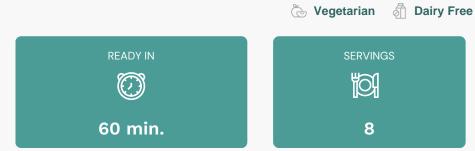


Nairobi Chocolate Cake





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, 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%)