



One Bowl Chocolate Cake III

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water boiling
- ☐ 2 cups sugar white

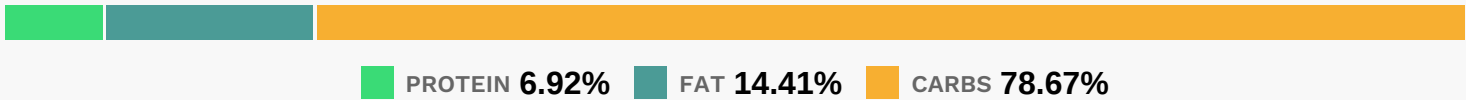
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two nine inch round pans.
- ☐ In a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda and salt.
- ☐ Add the eggs, milk, oil and vanilla, mix for 2 minutes on medium speed of mixer. Stir in the boiling water last. Batter will be thin.
- ☐ Pour evenly into the prepared pans.
- ☐ Bake 30 to 35 minutes in the preheated oven, until the cake tests done with a toothpick. Cool in the pans for 10 minutes, then remove to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:25.37, Inflammation Score:-2, Nutrition Score:4.9200000037318%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 185.91kcal (9.3%), Fat: 3.14g (4.83%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 36.72g (13.35%), Sugar: 25.87g (28.75%), Cholesterol: 22.29mg (7.43%), Sodium: 303.45mg (13.19%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Caffeine: 9.27mg (3.09%), Protein: 3.4g (6.79%), Manganese: 0.25mg (12.63%), Selenium: 7.34µg (10.49%), Copper: 0.18mg (9.06%), Vitamin B1: 0.12mg (8.08%), Phosphorus: 78.89mg (7.89%), Vitamin B2: 0.13mg (7.57%), Iron: 1.35mg (7.48%), Fiber: 1.86g (7.45%), Folate: 28.89µg (7.22%), Magnesium: 25.93mg (6.48%), Calcium: 51.92mg (5.19%), Vitamin B3: 0.92mg (4.59%), Zinc: 0.51mg (3.39%), Potassium: 107.71mg (3.08%), Vitamin K: 2.71µg (2.58%), Vitamin B12: 0.13µg (2.19%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.28µg (1.85%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.19mg (1.26%), Vitamin A: 54.4IU (1.09%)