



One-Bowl Chocolate Mocha Cream Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 3 tablespoons canola oil
- ☐ 0.3 cup chocolate syrup light (such as Hershey's Lite Syrup)
- ☐ 1 cup t brown sugar dark packed
- ☐ 9 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon coffee instant

- ☐ 1 cup mayonnaise reduced-fat
- ☐ 7 ounce marshmallow creme
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 1 cup strong coffee decoction hot brewed
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water boiling
- ☐ 8 ounce non-dairy whipped topping light frozen thawed

Equipment

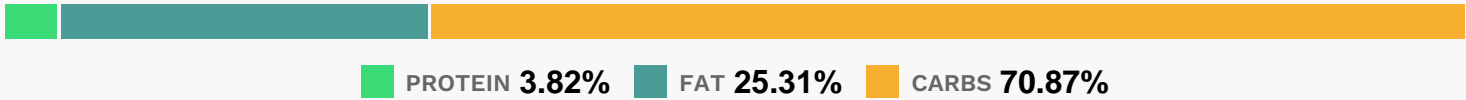
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients (through salt) in a large bowl.
- ☐ Add mayonnaise and oil; beat with a mixer at low speed until well blended. Slowly add brewed coffee and vanilla; beat with a mixer at low speed 1 minute or until well blended. Stir in chocolate; pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.

- ☐ To prepare mocha cream, combine water and coffee granules in a large bowl; stir until granules dissolve.
- ☐ Add marshmallow creme; beat with a mixer at low speed until smooth. Fold in whipped topping.
- ☐ Spread mocha cream over top of cake; drizzle with chocolate syrup. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:17.62, Inflammation Score:-3, Nutrition Score:6.2617391407814%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 336.13kcal (16.81%), Fat: 9.85g (15.15%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 59.67g (21.7%), Sugar: 41.94g (46.6%), Cholesterol: 2.75mg (0.92%), Sodium: 351.66mg (15.29%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 28.61mg (9.54%), Protein: 3.35g (6.7%), Manganese: 0.36mg (17.87%), Copper: 0.27mg (13.39%), Selenium: 7.37µg (10.53%), Iron: 1.86mg (10.36%), Vitamin K: 10.31µg (9.82%), Magnesium: 38.46mg (9.62%), Fiber: 2.39g (9.54%), Vitamin B1: 0.14mg (9.08%), Phosphorus: 87.4mg (8.74%), Folate: 32.02µg (8%), Vitamin B2: 0.12mg (7.09%), Vitamin B3: 1.23mg (6.15%), Vitamin E: 0.88mg (5.84%), Calcium: 56.18mg (5.62%), Potassium: 169.95mg (4.86%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.02mg (1.13%)