

Peanut Butter and Chocolate Cake II

READY IN



90 min.

SERVINGS



15

CALORIES



458 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons buttermilk
- ☐ 3.5 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup butter
- ☐ 1 cup peanut butter
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

- ☐ 1.5 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 2 cups sugar white

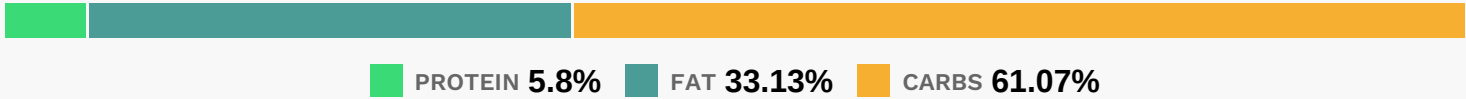
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ In a saucepan, combine 1 cup margarine, 1/4 cup cocoa, water, eggs, and 1/2 cup buttermilk in a saucepan. Cook, stirring occasionally, until it bubbles.
- ☐ Remove from heat and set aside.
- ☐ In a large bowl, mix flour, 2 cups sugar and baking soda. Make a well in the center and pour in chocolate mixture.
- ☐ Add vanilla and beat until smooth.
- ☐ Spread batter into prepared pan.
- ☐ Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- ☐ In a small bowl, mix peanut butter and oil.
- ☐ Spread over top of cake. In a saucepan, combine 1/4 cup cocoa, 1/2 cup margarine, and 6 tablespoons buttermilk.
- ☐ Heat until boiling.
- ☐ Remove from heat and stir in vanilla.
- ☐ Place confectioners' sugar in a large bowl. Beat in chocolate mixture and continue mixing until smooth.
- ☐ Spread over cake.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:28.33, Inflammation Score:-4, Nutrition Score:7.5365217154765%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 457.51kcal (22.88%), Fat: 17.44g (26.83%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 72.32g (24.11%), Net Carbohydrates: 70.52g (25.64%), Sugar: 56.22g (62.47%), Cholesterol: 22.48mg (7.49%), Sodium: 198.53mg (8.63%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.3mg (1.1%), Protein: 6.87g (13.75%), Manganese: 0.43mg (21.27%), Vitamin B3: 3.32mg (16.58%), Vitamin E: 1.99mg (13.27%), Selenium: 8.91µg (12.73%), Folate: 48.88µg (12.22%), Vitamin B1: 0.16mg (10.78%), Phosphorus: 105.3mg (10.53%), Magnesium: 41.61mg (10.4%), Vitamin B2: 0.17mg (9.95%), Copper: 0.16mg (8.14%), Iron: 1.41mg (7.81%), Fiber: 1.81g (7.22%), Vitamin A: 312.24IU (6.24%), Zinc: 0.76mg (5.05%), Vitamin B6: 0.1mg (4.91%), Potassium: 157.49mg (4.5%), Vitamin B5: 0.38mg (3.78%), Calcium: 26.27mg (2.63%), Vitamin K: 2.67µg (2.55%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.2µg (1.3%)