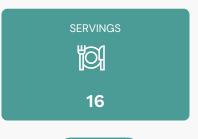


Peanut Butter Marble Cake







DESSERT

Ingredients

2.5 cups flour all-purpose
1.5 cups granulated sugar
0.5 cup peanut butter
1.3 cups milk
3.5 teaspoons double-acting baking powder
1 teaspoon salt
1 teaspoon vanilla
3 eggs

3 tablespoons cocoa powder unsweetened

	O.1 teaspoon baking soda	
	0.3 cup topping hot	
	3 cups powdered sugar	
	0.3 cup butter softened	
	1.5 teaspoons vanilla	
	0.3 cup milk	
	0.3 cup peanut butter	
Equipment		
	bowl	
	frying pan	
	oven	
	knife	
	wire rack	
	hand mixer	
	toothpicks	
Directions		
	Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan, two 9-inch round cake pans or three 8-inch round cake pans; lightly flour. In large bowl, beat flour, granulated sugar, 1/2 cup peanut butter, 11/4 cups milk, the baking powder, salt, vanilla and eggs with electric mixed on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally.	
	Pour two-thirds of batter (about 3 cups) into pan(s). Stir cocoa and baking soda into remaining batter. Drop chocolate batter by generous tablespoonfuls randomly in mounds onto peanut butter batter. Pull knife through batters in S-shaped curves in continuous motion for marbled design. Turn pan one-fourth turn; repeat marbling.	
	Bake 13x9-inch pan 40 to 45 minutes, 9-inch rounds 30 to 35 minutes, 8-inch rounds 20 to 25 minutes, or until toothpick inserted in center comes out clean or until cake springs back when touched lightly in center. Cool 13x9-inch cake in pan on cooling rack. Cool rounds 10 minutes; remove from pans to cooling rack. Cool completely, about 1 hour.	

Nutrition Facts
teaspoonfuls randomly over top; pull knife through frosting in S-shaped curves in continuous motion for marbled design.
Spread frosting over 13x9-inch cake or fill and frost cake rounds. Drop hot fudge topping by
In medium bowl, mix powdered sugar and butter in medium bowl. Stir in vanilla, 1/4 cup milk and 1/4 cup peanut butter; beat until smooth and spreadable.

PROTEIN 7% FAT 28.6% CARBS 64.4%

Properties

Glycemic Index:21.32, Glycemic Load:23.72, Inflammation Score:-4, Nutrition Score:7.5434781813427%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 376.45kcal (18.82%), Fat: 12.29g (18.9%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 62.26g (20.75%), Net Carbohydrates: 60.73g (22.08%), Sugar: 44.91g (49.9%), Cholesterol: 33.48mg (11.16%), Sodium: 381.21mg (16.57%), Alcohol: 0.22g (100%), Alcohol %: 0.24% (100%), Protein: 6.77g (13.54%), Manganese: 0.36mg (17.88%), Selenium: 9.92µg (14.16%), Vitamin B3: 2.71mg (13.56%), Phosphorus: 131.21mg (13.12%), Folate: 46.98µg (11.75%), Vitamin B1: 0.17mg (11.58%), Vitamin B2: 0.2mg (11.53%), Vitamin E: 1.48mg (9.89%), Calcium: 98.25mg (9.83%), Magnesium: 35.46mg (8.86%), Iron: 1.48mg (8.24%), Copper: 0.14mg (6.89%), Fiber: 1.54g (6.15%), Vitamin A: 250.86IU (5.02%), Zinc: 0.74mg (4.93%), Potassium: 164.4mg (4.7%), Vitamin B6: 0.09mg (4.6%), Vitamin B5: 0.43mg (4.29%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.42µg (2.78%)