



Perfectly Chocolate Bundt Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoon baking soda
- ☐ 0.5 cup dutch cocoa powder unsweetened
- ☐ 2 large eggs
- ☐ 8 oz flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 0.3 cup milk
- ☐ 2 cups powdered sugar

- ☐ 1 teaspoon salt
- ☐ 4 tablespoons butter unsalted
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water boiling (or coffee)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ stove
- ☐ skewers
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 350 F. Spray a Bundt pan with flour-added baking spray.
- ☐ Mix together flour, sugar, cocoa, soda, baking powder and salt in large bowl.
- ☐ Add oil, milk, eggs and vanilla. Beat two minutes with electric mixer at medium speed. Stir in water until blended. Batter will be thin.
- ☐ Pour batter in the Bundt pan and bake for 45–50 minutes or until skewer or pick inserted comes out clean.
- ☐ Let the cake sit in the pan for about 10 minutes, then carefully turn it from the Bundt. To make the frosting, sift the sugar and set it next to the stove. Keep the cocoa powder handy, too. I don't usually mix the two ahead of time, because I know I'll use all of the cocoa powder, but I don't always use every bit of sugar.
- ☐ Combine the butter, marshmallows and milk in a large (3 quart) saucepan.
- ☐ Heat on medium to medium low, stirring often, until melted and smooth.

- ☐
- Remove from heat and stir in cocoa.
- ☐
- Add about half the powdered sugar and stir well, then gradually add more until you get just the consistency you want. I usually use it all.
- ☐
- Add vanilla and stir until smooth.
- ☐
- Pour over the cake, letting it fall down the sides and into the center.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:33.95, Inflammation Score:-4, Nutrition Score:8.1517391463985%

Flavonoids

Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 17.6mg, Epicatechin: 17.6mg, Epicatechin: 17.6mg, Epicatechin: 17.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 362.28kcal (18.11%), Fat: 8.13g (12.51%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 73.33g (24.44%), Net Carbohydrates: 69.5g (25.27%), Sugar: 53.44g (59.37%), Cholesterol: 41.85mg (13.95%), Sodium: 401.93mg (17.48%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 28.5mg (9.5%), Protein: 5.04g (10.09%), Manganese: 0.48mg (24.17%), Copper: 0.38mg (18.91%), Selenium: 10.74µg (15.35%), Fiber: 3.83g (15.3%), Iron: 2.36mg (13.09%), Magnesium: 51.54mg (12.88%), Phosphorus: 122.2mg (12.22%), Vitamin B2: 0.19mg (11.14%), Vitamin B1: 0.17mg (11.03%), Folate: 41.9µg (10.48%), Vitamin B3: 1.37mg (6.83%), Zinc: 0.89mg (5.95%), Calcium: 58.89mg (5.89%), Potassium: 190.55mg (5.44%), Vitamin K: 4.01µg (3.82%), Vitamin A: 172.6IU (3.45%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.31µg (2.07%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.04mg (1.88%)