



Potato Chocolate Cake

READY IN



120 min.

SERVINGS



15

CALORIES



330 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup buttermilk
- 4 eggs
- 2 cups flour all-purpose sifted
- 1 cup potatoes instant prepared mashed
- 1 cup butter
- 1 teaspoon salt
- 2 ounce chocolate unsweetened melted
- 1 teaspoon vanilla extract

2 cups sugar white

Equipment

bowl

frying pan

oven

toothpicks

Directions

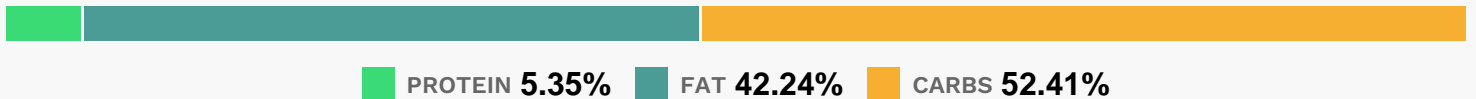
Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking soda and salt. Set aside.

In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in the eggs one at a time. Stir in the melted chocolate, vanilla and mashed potatoes. Beat in the flour mixture alternately with the buttermilk, mixing just until incorporated.

Pour batter into prepared pan.

Bake in the preheated oven for 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:11.74, Glycemic Load:28, Inflammation Score:-5, Nutrition Score:6.5626087421956%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg

Nutrients (% of daily need)

Calories: 330.23kcal (16.51%), Fat: 15.94g (24.52%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 43.15g (15.69%), Sugar: 27.49g (30.54%), Cholesterol: 44.97mg (14.99%), Sodium: 405.65mg (17.64%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 3.02mg (1.01%), Protein: 4.54g (9.09%), Selenium: 10.7µg (15.28%), Manganese: 0.28mg (14.17%), Vitamin B1: 0.19mg (12.52%), Vitamin A: 624.92IU (12.5%), Vitamin B2: 0.18mg (10.33%), Folate: 39.66µg (9.92%), Iron: 1.7mg (9.46%), Copper: 0.17mg (8.31%), Phosphorus:

76.29mg (7.63%), Vitamin B3: 1.31mg (6.55%), Magnesium: 21.77mg (5.44%), Fiber: 1.34g (5.37%), Zinc: 0.71mg (4.73%), Vitamin E: 0.63mg (4.18%), Vitamin B5: 0.4mg (4.01%), Vitamin C: 3.27mg (3.96%), Potassium: 132.83mg (3.8%), Calcium: 32.7mg (3.27%), Vitamin B6: 0.06mg (3.2%), Vitamin B12: 0.17µg (2.91%), Vitamin D: 0.39µg (2.6%)