



Prune Mocha Cake

READY IN



45 min.

SERVINGS



20

CALORIES



288 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 6 tablespoons butter
- 1 cup buttermilk
- 3 cups confectioners' sugar
- 1 egg yolk
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 1 teaspoon ground nutmeg
- 1 cup prune- cut to pieces cooked chopped
- 0.5 teaspoon salt
- 0.5 cup shortening
- 1.5 tablespoons strong coffee decoction brewed
- 1.5 tablespoons cocoa powder unsweetened
- 1.5 cups sugar white

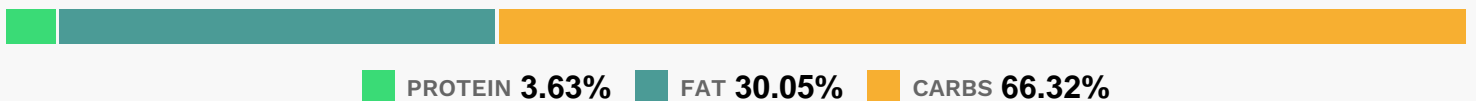
Equipment

- bowl
- oven

Directions

- In a large bowl, cream the white sugar and shortening until light and fluffy. Beat the eggs, and add to the sugar mixture.
- Add the prunes.
- In another bowl, sift the flour, soda, baking powder, 1 teaspoon cinnamon, nutmeg, and salt.
- Add these dry ingredients alternately with the buttermilk to the sugar mixture.
- Pour the batter into 2 greased and floured 9 inch layer pans.
- Bake at 375 degrees F (190 degrees C) for about 30 minutes. Cool.
- To Make the Mocha Icing: Begin by creaming the butter. Blend in the egg yolk. Sift the confectioners' sugar, cocoa, and 1 teaspoon cinnamon together.
- Add this sugar mixture alternately with the hot coffee to the creamed butter. Frost the cooled cake.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:19.06, Inflammation Score:-2, Nutrition Score:4.27782608925%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 287.94kcal (14.4%), Fat: 9.88g (15.2%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 47.89g (17.41%), Sugar: 36.57g (40.63%), Cholesterol: 36.44mg (12.15%), Sodium: 181.61mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Selenium: 6.86µg (9.8%), Vitamin K: 8.33µg (7.93%), Vitamin B2: 0.13mg (7.82%), Vitamin B1: 0.11mg (7.57%), Manganese: 0.15mg (7.5%), Folate: 27.56µg (6.89%), Phosphorus: 50.38mg (5.04%), Iron: 0.87mg (4.86%), Fiber: 1.17g (4.67%), Vitamin B3: 0.93mg (4.65%), Vitamin A: 229.84IU (4.6%), Calcium: 37.91mg (3.79%), Vitamin E: 0.54mg (3.58%), Copper: 0.07mg (3.36%), Potassium: 109.06mg (3.12%), Vitamin B5: 0.28mg (2.75%), Magnesium: 10.38mg (2.59%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.04mg (1.96%), Vitamin D: 0.29µg (1.95%), Zinc: 0.29mg (1.91%)