



## Rich and Chocolatey Syrup Cake

 Dairy Free

READY IN



55 min.

SERVINGS



15

CALORIES



330 kcal

DESSERT

### Ingredients

- 16 ounce chocolate syrup canned
- 4 eggs
- 2 cups flour all-purpose
- 1 teaspoon vanilla extract
- 2 cups vegetable oil
- 16 ounces sugar white

### Equipment

- bowl

frying pan

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Beat the eggs and the vanilla with a spoon. Blend in the chocolate syrup. Fill emptied chocolate syrup can with vegetable oil and add to bowl.

Add the flour to bowl. Fill can with sugar and add to bowl. Stir well and pour into a lightly greased 9x13 inch pan.

Bake 40–45 minutes at 350 degrees F (175 degrees C). Ice after cooling or leave plain.

## Nutrition Facts



## Properties

Glycemic Index:9.67, Glycemic Load:30.31, Inflammation Score:-2, Nutrition Score:5.5360868887409%

## Nutrients (% of daily need)

Calories: 330.39kcal (16.52%), Fat: 7.53g (11.59%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 62.64g (20.88%), Net Carbohydrates: 61.4g (22.33%), Sugar: 45.32g (50.35%), Cholesterol: 43.65mg (14.55%), Sodium: 39.09mg (1.7%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 3.84g (7.67%), Selenium: 9.86µg (14.08%), Manganese: 0.23mg (11.71%), Vitamin K: 10.93µg (10.41%), Copper: 0.19mg (9.48%), Vitamin B2: 0.16mg (9.24%), Vitamin B1: 0.14mg (9.22%), Folate: 36.62µg (9.15%), Iron: 1.63mg (9.07%), Phosphorus: 80.26mg (8.03%), Magnesium: 24.76mg (6.19%), Vitamin B3: 1.09mg (5.46%), Fiber: 1.24g (4.94%), Vitamin E: 0.61mg (4.1%), Zinc: 0.49mg (3.28%), Potassium: 102.76mg (2.94%), Vitamin B5: 0.26mg (2.57%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.23µg (1.56%), Vitamin B6: 0.03mg (1.46%), Calcium: 13.64mg (1.36%), Vitamin A: 63.36IU (1.27%)