



Simple 'N' Delicious Chocolate Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 1 eggs
- 1.1 cups flour all-purpose
- 1 teaspoon salt
- 1 cup strong cold brewed
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

1 cup sugar white

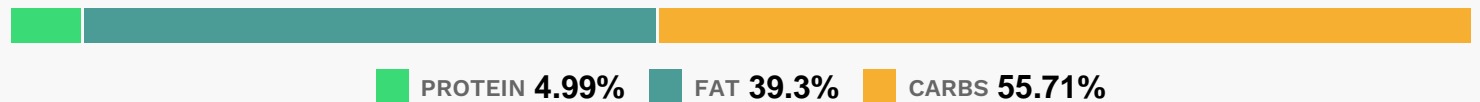
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 inch pan. Sift together flour, cocoa, baking soda and salt. Set aside.
- In a medium bowl, cream butter and sugar until light and fluffy.
- Add egg and vanilla and beat well.
- Add flour mixture, alternating with coffee. Beat until just incorporated.
- Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:36.22, Inflammation Score:-5, Nutrition Score:7.9504347469496%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 378.42kcal (18.92%), Fat: 17.37g (26.72%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 55.38g (18.46%), Net Carbohydrates: 52.1g (18.94%), Sugar: 33.58g (37.31%), Cholesterol: 67.95mg (22.65%), Sodium: 705.18mg (30.66%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Caffeine: 32.28mg (10.76%), Protein: 4.96g (9.92%), Manganese: 0.45mg (22.49%), Selenium: 11.61µg (16.59%), Copper: 0.31mg (15.73%), Vitamin B1: 0.2mg

(13.27%), Fiber: 3.28g (13.14%), Folate: 49.99µg (12.5%), Iron: 2.24mg (12.45%), Vitamin B2: 0.21mg (12.35%), Magnesium: 43.45mg (10.86%), Vitamin A: 512.33IU (10.25%), Phosphorus: 98.2mg (9.82%), Vitamin B3: 1.63mg (8.16%), Zinc: 0.78mg (5.18%), Potassium: 169.76mg (4.85%), Vitamin E: 0.54mg (3.61%), Vitamin B5: 0.35mg (3.55%), Calcium: 22.77mg (2.28%), Vitamin B6: 0.03mg (1.62%), Vitamin B12: 0.1µg (1.62%), Vitamin K: 1.64µg (1.56%)