



Special Chocolate Cake II

READY IN



45 min.

SERVINGS



16

CALORIES



223 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter softened
- 2 cups cake flour
- 2 eggs
- 0.5 teaspoon salt
- 1 cup milk sour
- 3 ounce chocolate unsweetened
- 1 tablespoon distilled vinegar white
- 1.5 cups sugar white

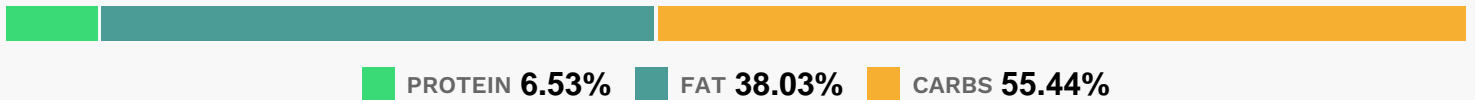
Equipment

- frying pan
- oven
- mixing bowl
- wire rack
- double boiler

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour two 9 inch round pans.
- In top of double boiler, over hot water, melt chocolate. Set aside to cool slightly. In large mixing bowl, beat sugar and butter until light and fluffy.
- Add eggs, one at a time, beating well after each addition.
- Stir together flour and salt, then add alternately with milk to butter mixture. Beat until well blended.
- Add chocolate and beat until blended. In a small cup, mix vinegar and baking soda. Stir until soda is dissolved.
- Add to batter and beat until blended.
- Pour batter into prepared pans.
- Bake at 375 degrees F (190 degrees C) for 25 to 30 min or until wooden pick inserted into center of cake comes out clean. Cool 10 minutes in pan then turn out onto wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:20.7, Inflammation Score:-3, Nutrition Score:4.3717391283616%

Flavonoids

Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg

Nutrients (% of daily need)

Calories: 223.28kcal (11.16%), Fat: 9.86g (15.18%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 31.09g (11.31%), Sugar: 19.57g (21.74%), Cholesterol: 37.54mg (12.51%), Sodium: 202.08mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.25mg (1.42%), Protein: 3.81g (7.62%), Manganese: 0.35mg (17.44%), Selenium: 8.8µg (12.57%), Copper: 0.21mg (10.29%), Iron: 1.17mg (6.52%), Phosphorus: 64.45mg (6.45%), Magnesium: 23.93mg (5.98%), Zinc: 0.79mg (5.24%), Fiber: 1.26g (5.03%), Vitamin A: 231.99IU (4.64%), Vitamin B2: 0.07mg (3.93%), Calcium: 31.54mg (3.15%), Potassium: 92.32mg (2.64%), Vitamin B12: 0.14µg (2.39%), Folate: 9.44µg (2.36%), Vitamin B5: 0.23mg (2.26%), Vitamin B1: 0.03mg (2.09%), Vitamin E: 0.31mg (2.09%), Vitamin D: 0.28µg (1.85%), Vitamin B6: 0.03mg (1.3%), Vitamin B3: 0.25mg (1.26%), Vitamin K: 1.12µg (1.07%)