



Take-Along Chocolate Chip-Date Cake

 Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 1.3 cups water boiling
- ☐ 1 cup dates chopped
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup nuts chopped
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon butter softened

- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.7 cup vegetable oil
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon salt
- ☐ 2 eggs

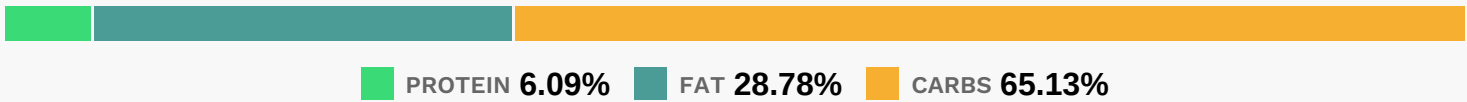
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ In large bowl, pour boiling water on dates. Stir in 1 teaspoon baking soda. Cool about 15 minutes or until lukewarm.
- ☐ In small bowl, mix all topping ingredients; set aside.
- ☐ Heat oven to 350°F. Stir all cake ingredients into date mixture.
- ☐ Pour into ungreased 9-inch square pan.
- ☐ Sprinkle with topping.
- ☐ Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:21.88, Inflammation Score:-3, Nutrition Score:7.12260870182%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 315.02kcal (15.75%), Fat: 10.3g (15.84%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 49.75g (18.09%), Sugar: 32.3g (35.89%), Cholesterol: 27.73mg (9.24%), Sodium: 308.04mg (13.39%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.45mg (2.15%), Protein: 4.9g (9.8%), Manganese: 0.4mg (20.1%), Selenium: 10.53µg (15.04%), Vitamin B1: 0.19mg (12.49%), Copper: 0.24mg (12.11%), Folate: 47.05µg (11.76%), Iron: 2.02mg (11.22%), Fiber: 2.68g (10.73%), Magnesium: 38.99mg (9.75%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 91.05mg (9.11%), Vitamin B3: 1.75mg (8.76%), Potassium: 210.57mg (6.02%), Vitamin K: 5.41µg (5.15%), Zinc: 0.71mg (4.74%), Vitamin B5: 0.39mg (3.9%), Vitamin B6: 0.07mg (3.4%), Calcium: 33.54mg (3.35%), Vitamin E: 0.37mg (2.49%), Vitamin A: 87.21IU (1.74%), Vitamin B12: 0.08µg (1.33%)