



The Best Chocolate Cake!

 Vegetarian

READY IN



50 min.

SERVINGS



2

CALORIES



1481 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 2 eggs
- 1.8 cups flour
- 1 cup milk
- 2 cups sugar
- 0.8 cup cocoa powder unsweetened
- 1 teaspoon vanilla

0.5 cup vegetable oil

1 cup water boiling

Equipment

bowl

oven

hand mixer

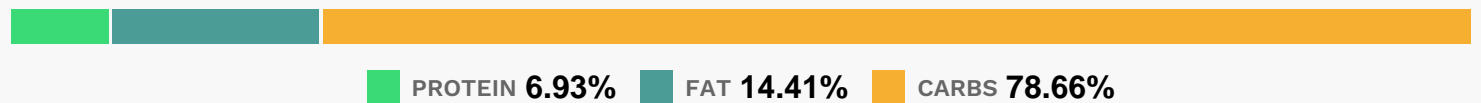
Directions

Preheat oven to 350F Prepare 2 round 9 inch cake pans by spraying with Pam, then sprinkle with flour and tap out the extra. In a large bowl sift all dry ingredients together. In a smaller bowl combine Eggs, Milk, Vanilla, water and Oil. mix with an electric hand mixer until combined.

Add wet ingredients to the Flour mixture and stir until well combined.

Pour batter into pans and bake for 30–35 minutes.

Nutrition Facts



Properties

Glycemic Index:137.55, Glycemic Load:202.93, Inflammation Score:-9, Nutrition Score:39.28565261675%

Flavonoids

Catechin: 20.9mg, Catechin: 20.9mg, Catechin: 20.9mg, Catechin: 20.9mg Epicatechin: 63.35mg, Epicatechin: 63.35mg, Epicatechin: 63.35mg, Epicatechin: 63.35mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 1481.48kcal (74.07%), Fat: 25.12g (38.65%), Saturated Fat: 8.08g (50.51%), Carbohydrates: 308.43g (102.81%), Net Carbohydrates: 293.54g (106.74%), Sugar: 206.74g (229.72%), Cholesterol: 178.32mg (59.44%), Sodium: 1264.69mg (54.99%), Alcohol: 0.69g (100%), Alcohol %: 0.13% (100%), Caffeine: 74.18mg (24.73%), Protein: 27.17g (54.33%), Manganese: 2.01mg (100.68%), Selenium: 58.73µg (83.9%), Copper: 1.45mg (72.37%), Vitamin B1: 0.97mg (64.66%), Phosphorus: 631.03mg (63.1%), Vitamin B2: 1.03mg (60.43%), Iron: 10.76mg (59.79%), Fiber: 14.89g (59.57%), Folate: 231.16µg (57.79%), Magnesium: 207.14mg (51.79%), Calcium: 414.44mg (41.44%), Vitamin B3: 7.33mg (36.65%), Zinc: 4.06mg (27.09%), Potassium: 858.51mg (24.53%), Vitamin K: 21.68µg (20.65%), Vitamin B12: 1.05µg (17.51%), Vitamin B5: 1.69mg (16.91%), Vitamin D: 2.22µg (14.81%), Vitamin B6: 0.24mg (11.8%), Vitamin E:

1.51mg (10.08%), Vitamin A: 435.24IU (8.7%)