



# The Best Chocolate Cake You Ever Ate

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



15

CALORIES



425 kcal

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 0.5 cup buttermilk
- 4 cups confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup milk

- 1 cup pecans chopped
- 1 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 1 cup water
- 2 cups sugar white

## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour one 9 x 13 inch pan.
- Sift 2 cups white sugar and 2 cups flour together; set aside.
- In a sauce pan; combine 1/2 cup butter or margarine, oil, water, and 1/4 cup cocoa. Bring mixture to a boil, remove from heat and add to dry ingredients.
- Dissolve baking soda in buttermilk; add with eggs, salt, cinnamon and 1 teaspoon vanilla to cocoa, flour mixture and stir well.
- Pour batter into a 9 x 13 inch pan.
- Bake at 375 degrees F (190 degrees C) for 20 minutes.
- To Make Frosting: Five minutes before cake is done combine 1/2 cup butter, 1/4 cup cocoa and 1/4 cup milk in saucepan and bring to a boil.
- Remove from heat and stir in confectioners' sugar, 1 teaspoon vanilla, and chopped pecans.
- Pour frosting over hot cake. Cake remains moist and may be frozen.
- Serves 2

## Nutrition Facts



■ PROTEIN 3.53% ■ FAT 29.17% ■ CARBS 67.3%

## Properties

Glycemic Index:18.61, Glycemic Load:28.05, Inflammation Score:-3, Nutrition Score:6.1691303813587%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 425.28kcal (21.26%), Fat: 14.22g (21.88%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 73.82g (24.61%), Net Carbohydrates: 72.07g (26.21%), Sugar: 58.92g (65.46%), Cholesterol: 39.46mg (13.15%), Sodium: 297.29mg (12.93%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.3mg (1.1%), Protein: 3.87g (7.74%), Manganese: 0.52mg (26.22%), Vitamin B1: 0.19mg (12.58%), Selenium: 8.74µg (12.48%), Vitamin B2: 0.16mg (9.14%), Folate: 35.95µg (8.99%), Copper: 0.18mg (8.96%), Phosphorus: 73.09mg (7.31%), Iron: 1.31mg (7.27%), Fiber: 1.75g (6.99%), Vitamin B3: 1.12mg (5.61%), Magnesium: 22.03mg (5.51%), Vitamin A: 245.02IU (4.9%), Zinc: 0.68mg (4.56%), Vitamin K: 3.64µg (3.46%), Vitamin E: 0.48mg (3.2%), Calcium: 31.25mg (3.12%), Vitamin B5: 0.28mg (2.84%), Potassium: 98.4mg (2.81%), Vitamin B12: 0.12µg (2.06%), Vitamin B6: 0.04mg (2.01%), Vitamin D: 0.27µg (1.77%)