



The Easiest Chocolate Cake

READY IN



45 min.

SERVINGS



20

CALORIES



277 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 1.5 cups confectioners' sugar
- 3 eggs
- 3 cups flour all-purpose
- 2.5 teaspoons coffee powder instant
- 5 teaspoons milk
- 1 cup orange juice
- 1 cup shortening
- 1.5 tablespoons cocoa powder unsweetened

- 1.5 ounces tsp vanilla sugar
- 1.5 cups sugar white

Equipment

- frying pan
- oven
- cake form

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour one 9 x 13 inch cake pan.
- Place one clean vanilla bean in a pint jar with 1 - 1 1/2 cups white sugar. Shake occasionally. After a few days, use the sugar and replenish as necessary.)
- Add the shortening and mix well.
- Stir in the flour, the cocoa powder, and the orange juice and mix until homogeneous.
- Pour batter into prepared pan.
- Bake cake at 375 degrees F (190 degrees C) for about 40 minutes.
- Remove cake from oven and immediately spread coffee glaze over top.
- To Make Glaze: Five minutes before cake is done, mix together confectioners' sugar, Nescafe powder, and milk. Use immediately to spread over hot cake.

Nutrition Facts

  
 **PROTEIN 4.24%**  **FAT 35.91%**  **CARBS 59.85%**

Properties

Glycemic Index:19.86, Glycemic Load:23.05, Inflammation Score:-2, Nutrition Score:4.5378261130789%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

0.07mg

Nutrients (% of daily need)

Calories: 277kcal (13.85%), Fat: 11.23g (17.28%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 41.45g (15.07%), Sugar: 27.08g (30.09%), Cholesterol: 24.7mg (8.23%), Sodium: 37.73mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.79mg (1.6%), Protein: 2.98g (5.97%), Selenium: 8.65µg (12.35%), Vitamin B1: 0.16mg (10.94%), Folate: 41.25µg (10.31%), Vitamin B2: 0.13mg (7.89%), Vitamin C: 6.2mg (7.52%), Manganese: 0.15mg (7.46%), Iron: 1.12mg (6.2%), Vitamin B3: 1.21mg (6.03%), Vitamin K: 5.56µg (5.29%), Vitamin E: 0.71mg (4.77%), Phosphorus: 45.3mg (4.53%), Vitamin B5: 0.28mg (2.82%), Fiber: 0.67g (2.68%), Copper: 0.05mg (2.67%), Calcium: 25.12mg (2.51%), Magnesium: 8.78mg (2.19%), Potassium: 66.54mg (1.9%), Zinc: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.29%), Vitamin A: 62.47IU (1.25%), Vitamin B12: 0.07µg (1.09%)