



Tracy's Favorite Three Hole Cake



Vegetarian



Vegan



Dairy Free



READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

273 kcal

DESSERT

Ingredients



1 teaspoon almond extract



1 teaspoon baking soda



1.5 cups flour all-purpose



0.3 cup cocoa powder unsweetened



1 teaspoon vanilla extract



0.3 cup vegetable oil



1 cup water



1 cup sugar white

☐ 1 tablespoon vinegar white

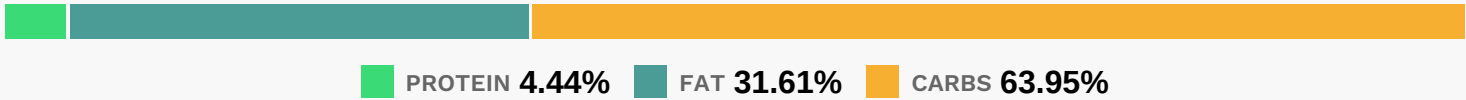
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch round pan.
- ☐ In a large bowl, mix together the flour, sugar, baking soda and cocoa. Make a well in the center and pour in the water, oil, vinegar, vanilla and almond extract.
- ☐ Mix well and pour into prepared pan.
- ☐ Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:30.39, Inflammation Score:-3, Nutrition Score:5.7178260787674%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 273.27kcal (13.66%), Fat: 9.88g (15.21%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 43.03g (15.65%), Sugar: 25.2g (28%), Cholesterol: 0mg (0%), Sodium: 139.88mg (6.08%), Alcohol: 0.34g (100%), Alcohol %: 0.46% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.12g (6.25%), Vitamin K: 16.86µg (16.06%), Manganese: 0.3mg (15.09%), Vitamin B1: 0.19mg (12.46%), Selenium: 8.62µg (12.31%), Folate: 44.04µg (11.01%), Iron: 1.6mg (8.9%), Copper: 0.18mg (8.84%), Fiber: 1.96g (7.83%), Vitamin B2: 0.13mg (7.65%), Vitamin B3: 1.47mg (7.33%), Magnesium: 23.47mg (5.87%), Phosphorus: 51.75mg (5.18%), Vitamin E: 0.76mg (5.07%), Zinc:

0.41mg (2.77%), Potassium: 81.56mg (2.33%), Vitamin B5: 0.11mg (1.12%)