



Troy Chocolate Cake



Vegetarian



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 tablespoons butter
- ☐ 1.5 cups confectioners sugar sifted
- ☐ 1 large eggs
- ☐ 1.3 cups flour
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup cocoa powder unsweetened (natural)
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cups water lukewarm

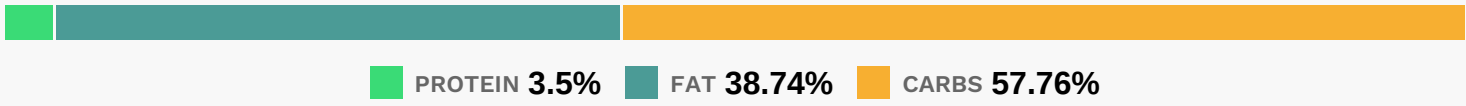
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Combine first 4 ingredients in bowl. Sift dry ingredients together.
- ☐ Add them & the water to creamed mixture. Beat till well-blended.
- ☐ Bake at 325 degrees (I used an 8 inch square pan) for 35 minutes. For cupcakes, bake at 350 degrees for 15 minutes.To make the frosting, melt the butter and place in a microwave safe bowl.
- ☐ Add the cocoa powder and stir until smooth.
- ☐ Add the confectioner’s sugar and sour cream alternately to the chocolate mixture and beat until fluffy. Beat in the vanilla.

Nutrition Facts



Properties

Glycemic Index:15.32, Glycemic Load:14.14, Inflammation Score:-2, Nutrition Score:3.316521693345%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 218.89kcal (10.94%), Fat: 9.68g (14.9%), Saturated Fat: 3.36g (21%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 31.56g (11.48%), Sugar: 23.78g (26.43%), Cholesterol: 24.92mg (8.31%), Sodium: 215.45mg (9.37%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.97g (3.94%), Vitamin K: 11.81µg (11.25%), Selenium: 5.04µg (7.2%), Manganese: 0.14mg (6.95%), Vitamin B1: 0.08mg (5.41%), Folate: 20.66µg (5.16%), Vitamin B2: 0.08mg (4.83%), Copper: 0.09mg (4.5%), Iron: 0.79mg (4.39%), Fiber: 0.93g (3.71%), Phosphorus: 35.85mg (3.59%), Vitamin B3: 0.63mg (3.12%), Magnesium: 12.23mg (3.06%), Vitamin A: 138.74IU (2.77%), Vitamin E: 0.37mg (2.46%), Zinc: 0.26mg (1.76%), Potassium: 51.08mg (1.46%), Vitamin B5: 0.13mg (1.27%), Calcium: 12.39mg (1.24%)