



## Two Bowl Cake



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



217 kcal

DESSERT

## Ingredients

- 2 teaspoons baking soda
- 3 cups flour all-purpose
- 1 teaspoon salt
- 5 tablespoons cocoa powder unsweetened
- 1 tablespoon vanilla extract
- 0.7 cup vegetable oil
- 2 cups water cold
- 2 tablespoons distilled vinegar white

2 cups sugar white

## Equipment

bowl

frying pan

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

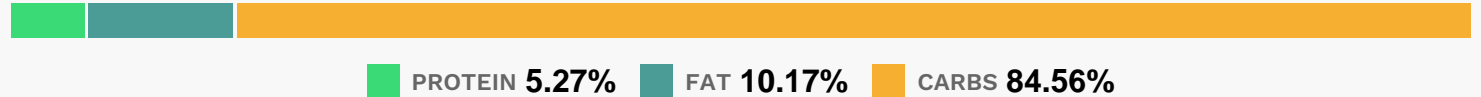
In a medium bowl combine the flour, sugar, cocoa, soda, and salt--stir to mix well.

In a large bowl combine water, oil, vinegar, and vanilla. Dump the dry ingredients into the water mixture and stir with a fork until smooth. DO NOT BEAT.

Pour batter into an UNGREASED 9x13 inch pan.

Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.01, Glycemic Load:32.42, Inflammation Score:-2, Nutrition Score:4.4082608404367%

## Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 217.48kcal (10.87%), Fat: 2.5g (3.84%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 45.42g (16.52%), Sugar: 26.82g (29.8%), Cholesterol: 0mg (0%), Sodium: 303.77mg (13.21%), Alcohol: 0.3g (100%), Alcohol %: 0.38% (100%), Caffeine: 3.83mg (1.28%), Protein: 2.91g (5.82%), Vitamin B1: 0.2mg (13.18%), Selenium: 8.89µg (12.69%), Manganese: 0.24mg (11.95%), Folate: 46.28µg (11.57%), Vitamin B2: 0.13mg (7.85%), Iron: 1.41mg (7.82%), Vitamin B3: 1.52mg (7.58%), Copper: 0.11mg (5.35%), Fiber: 1.29g (5.17%), Phosphorus: 39.37mg (3.94%), Magnesium: 14.26mg (3.57%), Vitamin K: 3.68µg (3.5%), Zinc: 0.3mg (1.97%), Potassium: 53.97mg (1.54%), Vitamin E: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.14%)