



WHATSheATE



Vegan Chocolate Cake



Vegetarian



Popular

READY IN



47 min.

SERVINGS



8

CALORIES



363 kcal

DESSERT

Ingredients



1 teaspoon baking soda



0.3 cup canola oil



8 oz cool whip fat free thawed (I used)



4 oz pack pudding mix instant (I used Oreos cookie flavor)



1 cup milk cold



0.5 teaspoon salt



0.8 cup sugar



1.5 cups unbleached all purpose flour (I used Bleached)

- ☐ 0.3 cup cocoa powder unsweetened (I used Hersheys)
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup water cold
- ☐ 1 tablespoon distilled vinegar white

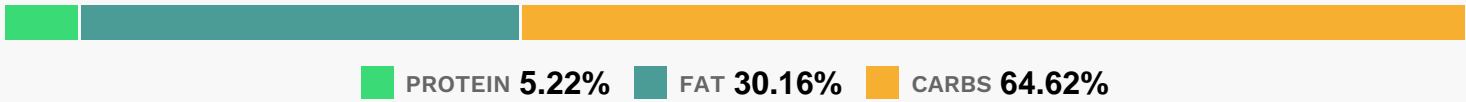
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat the oven at 350F/180C for 15 minutes. Lightly oil the cake pan you are using.Stir together all the dry ingredients (flour to cocoa powder) and create a well in the center.To the well add all the wet ingredients one by one.
- ☐ Mix until just combined. Don't overmix. It's ok to have some lumps.
- ☐ Pour the batter in the prepared pan and bake for 25-30 minutes or until a toothpick inserted into center comes out clean. Mine was done by 24 minutes. If baking cupcakes, check around 13-15th minute.Cool completely on a wire rack. I left it for an hour.To remove the cake from the pan, run a sharp knife around the inside of the pan to loosen the cake.Cool completely before frosting. Actually frosting is not even necessary for this moist cake. You may simply dust with confectioner's sugar and top with fresh raspberries.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:13.63, Inflammation Score:-3, Nutrition Score:7.6900000572205%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 362.92kcal (18.15%), Fat: 12.44g (19.14%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 59.98g (19.99%), Net Carbohydrates: 58.15g (21.15%), Sugar: 36.17g (40.19%), Cholesterol: 8.2mg (2.73%), Sodium: 406.96mg (17.69%), Alcohol: 0.26g (100%), Alcohol %: 0.2% (100%), Caffeine: 6.18mg (2.06%), Protein: 4.84g (9.68%), Vitamin B2: 0.35mg (20.35%), Vitamin B1: 0.25mg (16.35%), Selenium: 10.01µg (14.3%), Manganese: 0.27mg (13.46%), Folate: 48.57µg (12.14%), Vitamin E: 1.73mg (11.54%), Vitamin B12: 0.58µg (9.74%), Phosphorus: 95.53mg (9.55%), Iron: 1.49mg (8.29%), Vitamin B3: 1.58mg (7.9%), Calcium: 77.16mg (7.72%), Copper: 0.15mg (7.55%), Fiber: 1.83g (7.3%), Vitamin K: 6.97µg (6.64%), Magnesium: 24.9mg (6.23%), Potassium: 146.69mg (4.19%), Zinc: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.36%), Vitamin D: 0.34µg (2.24%), Vitamin B5: 0.22mg (2.24%), Vitamin A: 99.49IU (1.99%)