



Wacky Cake V

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar substitute
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.7 cup vegetable oil
- ☐ 2 cups water cold

- ☐ 2 tablespoons distilled vinegar white
- ☐ 1 cup sugar white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 9 x 13 inch pan, or three 8 inch round pans.
- ☐ Stir together flour, soda, cocoa, sugar, sugar substitute, and salt. Stir in vanilla, water, vinegar, and oil.
- ☐ Pour batter into prepared pan(s).
- ☐ Bake cake in a rectangular pan or three round pans for 35 minutes, or until done. Cool.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:29.19, Inflammation Score:-2, Nutrition Score:4.527826042279%

Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 210.74kcal (10.54%), Fat: 2.5g (3.85%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 44.33g (16.12%), Sugar: 24.18g (26.87%), Cholesterol: 0mg (0%), Sodium: 303.67mg (13.2%), Alcohol: 0.18g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.6mg (1.53%), Protein: 2.97g (5.95%), Vitamin B1: 0.2mg (13.19%), Selenium: 8.85µg (12.65%), Manganese: 0.25mg (12.53%), Folate: 46.39µg (11.6%), Iron: 1.45mg (8.04%), Vitamin B2: 0.13mg (7.73%), Vitamin B3: 1.52mg (7.61%), Copper: 0.12mg (5.92%), Fiber: 1.41g (5.66%), Phosphorus: 41.8mg (4.18%), Magnesium: 15.88mg (3.97%), Vitamin K: 3.69µg (3.51%), Zinc: 0.32mg (2.11%), Potassium: 58.81mg

(1.68%), Vitamin E: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.15%)