



Wellesley Fudge Cake I

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup milk
- ☐ 1 teaspoon salt
- ☐ 4 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup water hot
- ☐ 1.3 cups sugar white

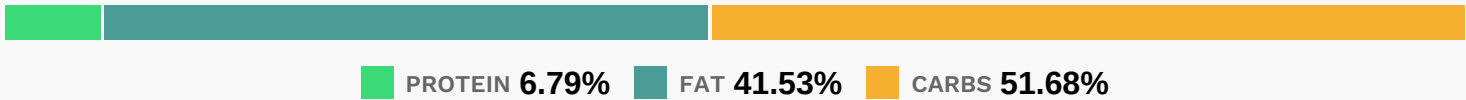
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 inch round pans. Sift flour, baking soda and salt together 3 times and set aside.
- ☐ In a small saucepan, heat water, chocolate and 1/2 cup sugar, stirring constantly, for 2 minutes.
- ☐ Remove from heat and cool to lukewarm.
- ☐ Cream butter and sugar until light and fluffy.
- ☐ Add 3 eggs, one at a time, beating thoroughly after each egg.
- ☐ Add half of flour mixture and beat until smooth.
- ☐ Add milk and remaining flour mixture alternately in 2 parts. Beat smooth after each addition.
- ☐ Add vanilla and chocolate mixture. Blend well.
- ☐ Divide batter into two 9 inch pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes, or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:19.72, Inflammation Score:-4, Nutrition Score:6.0269565012144%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 222.02kcal (11.1%), Fat: 10.77g (16.57%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 28.57g (10.39%), Sugar: 16.26g (18.06%), Cholesterol: 47.16mg (15.72%), Sodium: 277.5mg (12.07%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 5.67mg (1.89%), Protein: 3.96g (7.92%), Manganese: 0.41mg (20.31%), Copper: 0.26mg (13.01%), Selenium: 8.76µg (12.52%), Iron: 2.11mg (11.74%), Vitamin B1: 0.14mg (9.5%), Folate: 34.67µg (8.67%), Vitamin B2: 0.14mg (8.33%), Phosphorus: 73.55mg (7.35%), Magnesium: 29.07mg (7.27%), Fiber: 1.6g (6.39%), Zinc: 0.95mg (6.33%), Vitamin B3: 1.04mg (5.2%), Vitamin A: 238.29IU (4.77%), Potassium: 104.59mg (2.99%), Calcium: 28.83mg (2.88%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.14µg (2.34%), Vitamin E: 0.29mg (1.96%), Vitamin D: 0.28µg (1.85%), Vitamin B6: 0.03mg (1.46%), Vitamin K: 1.29µg (1.22%)