

Yum Yum Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



242 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 1 cup buttermilk
- 3 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 1 tablespoon cocoa powder unsweetened
- 2 teaspoons vanilla extract

2 cups sugar white

Equipment

bowl

frying pan

sauce pan

oven

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 9x13 inch pan.

Sift together the flour, salt, baking soda and cocoa, set aside. In a large bowl, cream together the 1 1/2 cup of sugar and 1 cup butter until smooth.

Add eggs one at a time, beating well after each addition.

Combine the 1 cup buttermilk and 1 teaspoon vanilla, add alternately to the mixture with the dry ingredients.

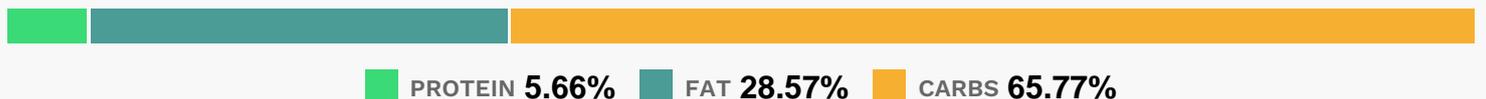
Pour into the prepared pan.

Bake for about 45 minutes in the preheated oven. Prepare the topping while the cake is baking.

In a small saucepan, combine the remaining 1 cup of buttermilk, 2 cups sugar and margarine. Bring to a boil over medium high heat, and boil for 5 minutes.

Remove from the heat and cool for a few minutes before adding vanilla. As soon as the cake comes out of the oven, slowly pour the hot topping over the entire cake. It may seem like too much, but the cake will absorb it.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:28.06, Inflammation Score:-2, Nutrition Score:4.1034782865773%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 242.39kcal (12.12%), Fat: 7.8g (12%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 39.81g (14.48%), Sugar: 27.55g (30.61%), Cholesterol: 50.76mg (16.92%), Sodium: 229.14mg (9.96%), Alcohol: 0.18g (100%), Alcohol %: 0.3% (100%), Protein: 3.47g (6.95%), Selenium: 9.23µg (13.18%), Vitamin B1: 0.14mg (9.5%), Vitamin B2: 0.16mg (9.35%), Folate: 35.77µg (8.94%), Manganese: 0.13mg (6.6%), Iron: 0.99mg (5.53%), Phosphorus: 53.32mg (5.33%), Vitamin A: 263.01IU (5.26%), Vitamin B3: 1.02mg (5.09%), Calcium: 28.44mg (2.84%), Vitamin B5: 0.28mg (2.78%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.38µg (2.56%), Copper: 0.05mg (2.46%), Fiber: 0.57g (2.29%), Zinc: 0.32mg (2.16%), Magnesium: 8.2mg (2.05%), Vitamin E: 0.29mg (1.93%), Potassium: 59.8mg (1.71%), Vitamin B6: 0.03mg (1.44%)