

# Vinegar Cake

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## Servings: 16

1 1/2 cups all-purpose flour  
1 cup sugar  
1 teaspoon baking soda  
1/2 teaspoon salt  
3 tablespoons cocoa  
1 tablespoon vinegar  
1 tablespoon vanilla extract  
1 cup warm water  
6 tablespoons vegetable oil  
cocoa (for dusting)

Preheat the oven to 350 degrees.

In a bowl, mix the dry ingredients together. Make a well in the dry ingredients and add the wet ingredients. Mix well. If the batter isn't very loose, add just a bit more warm water, one tablespoon at a time, until you get a thin batter. This will make a very moist cake.

Pour into an 8- or 9-inch square pan.

Bake 25 to 30 minutes until a wooden pick inserted in the center comes out clean. Let cook and dust with cocoa.

*Vinegar is used in many cakes and reacts with the baking soda to create a moist and tender crumb.*

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Per Serving (excluding unknown items): 141 Calories; 5g Fat (33.8% calories from fat); 1g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 146mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	141	Vitamin B6 (mg):	trace
% Calories from Fat:	33.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	62.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	18mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	2mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	2
Cholesterol (mg):	0mg	% Refuse:	0%
Carbohydrate (g):	22g		

### Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 146mg  
**Potassium (mg):** 29mg  
**Calcium (mg):** 4mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** trace  
**Vitamin A (r.e.):** 0RE

**Grain (Starch):** 1/2  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 16

### Amount Per Serving

**Calories** 141 Calories from Fat: 48

### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	146mg	6%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.