

Cocoa Spongecake

What's Cooking II

North American Institute of Modern Cuisine

Yield: 1 spongecake

*5 eggs
3/4 cup sugar
1 cup all-purpose flour
3 tablespoons cocoa
2 teaspoons vegetable oil
2 drops red food coloring (optional)
1/2 teaspoon baking powder
3 tablespoons butter, melted
1 teaspoon vanilla extract*

Preheat the oven to 350 degrees.

Butter and flour a 9-inch springform cake pan. Set aside.

Place a stainless steel bowl over a saucepan filled with simmering hot water. In a bowl, beat the eggs and sugar for 5 minutes or until the mixture thickens. Off heat, continue beating until the mixture cools slightly. Set aside.

In a second bowl, sift the flour and baking powder. Mix in the cocoa. Fold in the vegetable oil and red food coloring, if desired. Fold into the beaten egg mixture.

With a spatula or whisk, gently fold in the melted butter and vanilla extract. Pour the batter into the cake pan.

Bake in the oven for 25 to 35 minutes. Remove from the oven. Detach the cake from the pan by running a small knife around the sides. Let cool for 5 minutes. Undo the cake pan. Turn out the cake onto a wire rack or cookie sheet sprinkled with sugar. Let stand until cold.

Per Serving (excluding unknown items): 1841 Calories; 72g Fat (34.6% calories from fat); 48g Protein; 258g Carbohydrate; 9g Dietary Fiber; 1153mg Cholesterol; 952mg Sodium. Exchanges: 7 Grain(Starch); 4 Lean Meat; 11 Fat; 10 Other Carbohydrates.

Desserts, Information

Per Serving Nutritional Analysis

Calories (kcal):	1841	Vitamin B6 (mg):	.4mg
% Calories from Fat:	34.6%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	55.2%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	10.2%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	72g	Folacin (mcg):	319mcg
Saturated Fat (g):	32g	Niacin (mg):	8mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	37mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	13
Cholesterol (mg):	1153mg	% Refuse:	n n%
Carbohydrate (g):	258g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	7
Protein (g):	48g	Lean Meat:	4
Sodium (mg):	952mg	Vegetable:	0
Potassium (mg):	729mg	Fruit:	0
Calcium (mg):	316mg	Non-Fat Milk:	0
Iron (mg):	13mg	Fat:	11
Zinc (mg):	5mg	Other Carbohydrates:	10
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	2524IU		
Vitamin A (r.e.):	672RE		

Nutrition Facts

Amount Per Serving		
Calories	1841	Calories from Fat: 637
% Daily Values*		
Total Fat	72g	111%
Saturated Fat	32g	159%
Cholesterol	1153mg	384%
Sodium	952mg	40%
Total Carbohydrates	258g	86%
Dietary Fiber	9g	35%
Protein	48g	
Vitamin A		50%
Vitamin C		0%
Calcium		32%
Iron		72%

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