



Level 4 Chocolate Cake

IDDSI LEVELS 4 5 6



NUTRITION

Serving Size:
1 portion (One slice, cupcake or one #20 scoop)

Calories: 190

Total Fat: 8g

Saturated Fat: 1.5g

Cholesterol: <5mg

Sodium: 95mg

Total Carb: 27g

Dietary Fiber: <1g

Total Sugars: 15g

Added Sugars: 3g

Protein: 4g

Vitamin D: 2% DV

Calcium: 4% DV

Iron: 0% DV

Potassium: 2% DV

INGREDIENTS

	1 SERVINGS	8 SERVINGS	16 SERVINGS
THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Cocoa Powder	1 tsp	2 Tbsp + 2 tsp	1/3 cup
Sugar	3/4 tsp	2 Tbsp	4 Tbsp
Milk, hot	3 Tbsp	1 1/2 cups	3 cups
Chocolate Syrup	2 tsp	1/3 cup	2/3 cup
Whipped Topping or Frosting of choice	2 Tbsp	1 cup	2 cups
Pan Size	Muffin cup	Small cake or loaf pan	8-inch cake pan

DIRECTIONS

1. Lightly spray pan(s) with non-stick cooking spray.
2. Combine THICK & EASY® Texture Modified Bread and Dessert Mix, cocoa powder, and sugar in a mixing bowl.
3. Add oil and stir until mixture resembles wet sand.
4. Add chocolate syrup to hot milk and stir until blended.
5. Add milk to bread mixture and stir briskly until mixture begins to thicken.
6. Portion into pan or muffin cups and spread evenly.
7. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.
8. Frost and cut into individual portions (16 slices per 8-inch pan).
9. Serve one cake slice (1/16 of cake) or one cupcake per serving.

SERVING SUGGESTIONS

- Sprinkle finely shaved chocolate on top of frosted cakes.
- Top each serving with hot fudge sauce in place of whipped topping or frosting.
- Pair cakes with desired flavor of Magic Cup™ Dessert for an added treat!