



A Really Good Chocolate Bundt Cake

READY IN



65 min.

SERVINGS



12

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 3 oz bittersweet chocolate
- ☐ 1 cup buttermilk room temperature
- ☐ 0.5 tablespoon plus
- ☐ 0.5 cup dutch-process cocoa powder
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose well
- ☐ 192 grams granulated sugar
- ☐ 0.3 cup heavy cream

- ☐ 0.8 teaspoon salt
- ☐ 1 cup strong-brewed coffee
- ☐ 0.5 tablespoon butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegetable oil

Equipment

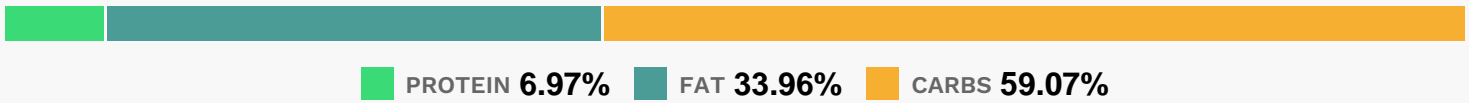
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ microwave
- ☐ kugelhkopf pan

Directions

- ☐ Preheat the oven to 350 degrees F. Spray a 12-cup (10 inch) Bundt pan with flour-added baking spray. If you are using a black Bundt pan, use 325 degrees F. Melt chocolate in a metal bowl set over a saucepan of barely simmering water (or just use the microwave). Scrape it into a mixing bowl and let cool slightly.
- ☐ Whisk in the oil and sugar until smooth, then whisk in the egg and vanilla.
- ☐ Mix the flour, cocoa powder, baking soda and salt together in another bowl.
- ☐ Add half of the dry ingredients to the chocolate mixture along with 1/2 cup of the coffee and 1/2 cup of the buttermilk; whisk until smooth.
- ☐ Add the remaining dry ingredients, coffee and buttermilk and whisk until smooth.
- ☐ Pour the batter into the prepared pan and bake in the lower third of the oven for about 45 minutes, or until a toothpick inserted in the center of the cake comes out with a few moist crumbs attached.

- ☐
- Let the cake cool on a rack for 10 minutes, then turn it out and let cool completely. In a small saucepan, bring the cream to a boil. In a heatproof bowl, combine the remaining 3 ounces of chopped chocolate with the corn syrup and butter.
- ☐
- Pour the hot cream over the chocolate and let stand until melted, about 5 minutes.
- ☐
- Whisk until smooth.
- ☐
- Let the ganache glaze cool until thick but still pourable, about 5 minutes.
- ☐
- Pour the ganache over the cooled cake.
- ☐
- Let the cake stand until the glaze is set, at least 30 minutes, before serving.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:23.11, Inflammation Score:-4, Nutrition Score:7.2182608345604%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 259.5kcal (12.97%), Fat: 10.11g (15.55%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 37.11g (13.49%), Sugar: 20.62g (22.91%), Cholesterol: 26.85mg (8.95%), Sodium: 450.74mg (19.6%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Caffeine: 22.24mg (7.41%), Protein: 4.67g (9.34%), Manganese: 0.38mg (19.09%), Selenium: 10.5µg (15%), Copper: 0.26mg (13.25%), Vitamin B1: 0.18mg (12.29%), Vitamin B2: 0.2mg (11.73%), Iron: 2.01mg (11.17%), Folate: 42.91µg (10.73%), Fiber: 2.46g (9.82%), Phosphorus: 97.07mg (9.71%), Magnesium: 38.56mg (9.64%), Vitamin B3: 1.43mg (7.16%), Vitamin K: 6.02µg (5.73%), Zinc: 0.73mg (4.89%), Potassium: 166.64mg (4.76%), Calcium: 42.74mg (4.27%), Vitamin A: 170.8IU (3.42%), Vitamin B5: 0.33mg (3.29%), Vitamin D: 0.46µg (3.05%), Vitamin E: 0.41mg (2.77%), Vitamin B12: 0.15µg (2.56%), Vitamin B6: 0.03mg (1.64%)