



## Basic Chocolate Cake

READY IN



45 min.

SERVINGS



12

CALORIES



351 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup buttermilk
- 2 cups cake flour sifted
- 2 large eggs
- 0.8 teaspoon salt
- 0.5 cup shortening
- 2 cups sugar
- 4 ounce chocolate unsweetened

- 1 tablespoon vanilla extract
- 0.8 cup water

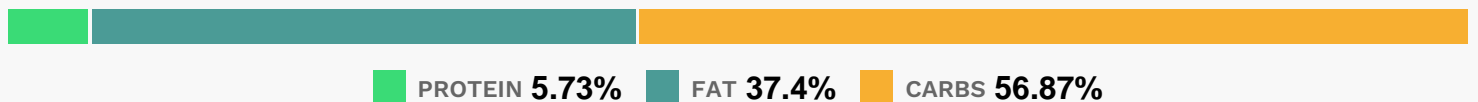
## Equipment

- oven
- hand mixer
- broiler

## Directions

- Place chocolate in top of a double broiler; bring water to a boil. Reduce heat to low; cook until chocolate melts.
- Beat shortening at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- Add eggs, one at a time, beating after each addition.
- Add chocolate, mixing well.
- Combine flour and next 3 ingredients; add to chocolate mixture alternately with buttermilk, beginning and ending with flour mixture.
- Mix at low speed after each addition until blended.
- Add water, mixing well. Stir in vanilla.
- Pour batter into two greased and floured 9-inch round cakepans.
- Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks. Frost as desired.

## Nutrition Facts



## Properties

Glycemic Index:21.67, Glycemic Load:33.33, Inflammation Score:-3, Nutrition Score:6.7026086527368%

## Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

## **Nutrients (% of daily need)**

Calories: 350.82kcal (17.54%), Fat: 15.23g (23.43%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 52.11g (17.37%), Net Carbohydrates: 50.04g (18.2%), Sugar: 34.32g (38.13%), Cholesterol: 32.65mg (10.88%), Sodium: 285.99mg (12.43%), Alcohol: 0.37g (100%), Alcohol %: 0.42% (100%), Caffeine: 7.56mg (2.52%), Protein: 5.25g (10.49%), Manganese: 0.57mg (28.3%), Copper: 0.36mg (17.94%), Selenium: 12.35µg (17.64%), Iron: 2.03mg (11.25%), Magnesium: 38.94mg (9.73%), Phosphorus: 90.97mg (9.1%), Zinc: 1.26mg (8.39%), Fiber: 2.07g (8.28%), Vitamin B2: 0.09mg (5.48%), Vitamin K: 5.59µg (5.33%), Vitamin E: 0.74mg (4.95%), Calcium: 45.45mg (4.55%), Potassium: 133.35mg (3.81%), Folate: 14.19µg (3.55%), Vitamin B5: 0.35mg (3.5%), Vitamin B1: 0.04mg (2.85%), Vitamin D: 0.36µg (2.41%), Vitamin B12: 0.14µg (2.39%), Vitamin B3: 0.36mg (1.8%), Vitamin B6: 0.03mg (1.51%), Vitamin A: 70.17IU (1.4%)