



Birthday Cake

READY IN



180 min.

SERVINGS



20

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 teaspoons cake flour
- ☐ 2.3 cups cake flour
- ☐ 3 large eggs
- ☐ 1.5 cups sugar
- ☐ 1 cup buttermilk 1% low-fat
- ☐ 0.8 cup milk 1% low-fat
- ☐ 4 cups powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 0.5 cup butter unsalted softened
- ☐ 4 ounces baker's chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

Equipment

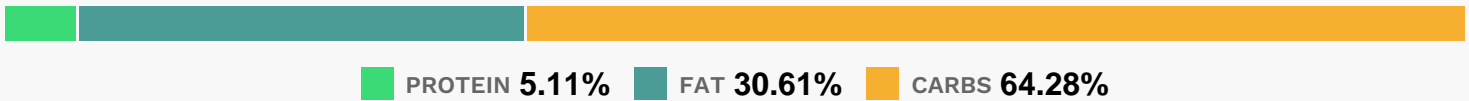
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat 2 (9-inch) round cake pans with baking spray. Line bottoms of pans with wax paper or parchment paper; coat paper with baking spray. Dust each pan with 1 teaspoon flour. Weigh or lightly spoon 9 ounces flour (about 2 1/4 cups) into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients (through salt); stir well.
- ☐ Place 1/2 cup butter in a large bowl; beat with a mixer at medium speed until creamy. Gradually add granulated sugar, beating until light and fluffy.

- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture. Beat in 2 teaspoons vanilla.
- ☐ Pour batter into prepared pans.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on wire racks. Invert cake layers onto racks; cool completely. Discard wax paper.
- ☐ To prepare frosting, melt 1/4 cup butter and chopped chocolate in a small heavy saucepan over low heat.
- ☐ Add low-fat milk, stirring with a whisk until smooth. Stir in 1 teaspoon vanilla.
- ☐ Remove from heat; transfer to a large mixing bowl, and cover surface of chocolate mixture with plastic wrap. Refrigerate until cooled completely and slightly thick, about 30 minutes.
- ☐ Gradually add powdered sugar, beating with a mixer at medium speed until smooth and glossy.
- ☐ Place 1 cake layer on a plate; spread with 3/4 cup frosting. Top with remaining cake layer. Apply a thin layer of frosting to entire cake. Allow frosting to set in the refrigerator about 30 minutes.
- ☐ Spread remaining frosting over top and sides of cake.
- ☐ Sprinkle edge with candy sprinkles, if desired.
- ☐ Let cake stand until frosting is set.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:17.2, Inflammation Score:0, Nutrition Score:5.1391304277855%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 313.76kcal (15.69%), Fat: 11.08g (17.05%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 51.07g (18.57%), Sugar: 39.66g (44.07%), Cholesterol: 47.12mg (15.71%), Sodium: 121.08mg (5.26%), Alcohol: 0.21g (100%), Alcohol %: 0.27% (100%), Caffeine: 4.54mg (1.51%), Protein: 4.16g (8.32%), Manganese: 0.36mg (17.89%), Selenium: 9.19µg (13.13%), Copper: 0.22mg (11.04%), Phosphorus: 107.63mg (10.76%), Iron: 1.32mg (7.32%), Magnesium: 25.79mg (6.45%), Calcium: 61.34mg (6.13%), Zinc: 0.87mg (5.79%), Vitamin A: 276.5IU (5.53%), Vitamin B2: 0.09mg (5.31%), Fiber: 1.3g (5.18%), Potassium: 158.14mg (4.52%), Folate: 10.87µg (2.72%), Vitamin B12: 0.16µg (2.69%), Vitamin B5: 0.26mg (2.62%), Vitamin D: 0.38µg (2.5%), Vitamin E: 0.36mg (2.43%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.03mg (1.47%), Vitamin B3: 0.25mg (1.24%), Vitamin K: 1.23µg (1.17%)