



Brownstone Front Chocolate Cake

READY IN



45 min.

SERVINGS



8

CALORIES



823 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 0.5 cup butter
- 1 cup buttermilk
- 2.5 cups cake flour
- 5 eggs
- 1 cup heavy whipping cream
- 1 pinch salt
- 1 cup shortening
- 4 teaspoons cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 2 cups sugar white

Equipment

- oven

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour three 9 inch round cake pans.
- Separate the eggs. Set the egg yolks aside and beat the egg whites until stiff peaks form.
- Cream 2 1/4 cups sugar, vanilla, and shortening.
- Add the egg yolks and beat till smooth.
- Sift together the cocoa, cake flour, baking soda, and salt. Then add dry ingredients alternately with buttermilk to creamy mixture. Lastly, fold in beaten egg whites.
- Pour into 3 greased and floured cake pans.
- Bake 20-25 minutes in 325 degree F (165 degrees C) oven, or until done.
- To Make Icing: Cook 2 cups white sugar, 1 cup cream and 1/2 cup butter or margarine over low flame until mixture forms a soft ball in water.
- Remove from heat, beat about 5 or 6 strokes to make mixture smooth. Cool, spread between and on layers while lukewarm. This hardens when cold.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:53.72, Inflammation Score:-5, Nutrition Score:9.7043478475965%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 823.42kcal (41.17%), Fat: 52.36g (80.55%), Saturated Fat: 22.11g (138.17%), Carbohydrates: 81g (27%), Net Carbohydrates: 79.88g (29.05%), Sugar: 52.54g (58.37%), Cholesterol: 169.72mg (56.57%), Sodium: 450.71mg (19.6%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 10.17g (20.34%), Selenium: 26.47µg (37.81%), Vitamin A: 990.65IU (19.81%), Vitamin E: 2.64mg (17.6%), Manganese: 0.34mg (17.05%), Vitamin B2: 0.27mg (16.04%), Vitamin K: 15.88µg (15.12%), Phosphorus: 142.2mg (14.22%), Vitamin B5: 0.97mg (9.74%), Vitamin D: 1.42µg (9.44%), Calcium: 80.25mg (8.03%), Vitamin B12: 0.45µg (7.57%), Folate: 29.09µg (7.27%), Copper: 0.12mg (6.22%), Zinc: 0.92mg (6.16%), Iron: 0.99mg (5.49%), Magnesium: 20.99mg (5.25%), Vitamin B1: 0.07mg (4.57%), Potassium: 158.52mg (4.53%), Fiber: 1.12g (4.49%), Vitamin B6: 0.08mg (4.19%), Vitamin B3: 0.48mg (2.38%)