



Buttermilk-Chocolate Cake

READY IN



45 min.

SERVINGS



9

CALORIES



285 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1.5 cups cake flour sifted
- 9 servings warm chocolate glaze
- 1 large eggs
- 2 large egg whites
- 0.5 cup buttermilk low-fat
- 0.3 teaspoon salt
- 0.3 cup stick margarine softened

- 1 cup sugar
- 0.3 cup cocoa unsweetened
- 0.5 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- measuring cup

Directions

- Preheat oven to 35
- Beat sugar, butter, and vanilla in a large bowl at medium speed of a mixer until well-blended (about 5 minutes).
- Add egg whites and egg, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, cocoa, baking powder, and salt in a small bowl, stirring well with a whisk.
- Combine buttermilk, water, and baking soda.
- Add flour mixture to sugar mixture alternately with buttermilk mixture, beginning and ending with flour mixture.
- Pour into a 9-inch round cake pan coated with cooking spray.
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan. Cool completely on a wire rack.
- Spread glaze over cake.

Nutrition Facts

PROTEIN 7.07% FAT 21.18% CARBS 71.75%

Properties

Glycemic Index:25.45, Glycemic Load:25.47, Inflammation Score:-3, Nutrition Score:4.7117391967255%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 284.51kcal (14.23%), Fat: 6.91g (10.63%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 52.64g (17.55%), Net Carbohydrates: 50.96g (18.53%), Sugar: 35.1g (39%), Cholesterol: 21.35mg (7.12%), Sodium: 270.1mg (11.74%), Alcohol: 0.08g (100%), Alcohol %: 0.09% (100%), Caffeine: 7.33mg (2.44%), Protein: 5.19g (10.37%), Selenium: 12.45µg (17.79%), Manganese: 0.29mg (14.68%), Phosphorus: 85.64mg (8.56%), Copper: 0.17mg (8.5%), Calcium: 70.54mg (7.05%), Fiber: 1.68g (6.72%), Vitamin B2: 0.11mg (6.58%), Magnesium: 24.84mg (6.21%), Vitamin A: 273.86IU (5.48%), Iron: 0.83mg (4.61%), Zinc: 0.54mg (3.58%), Potassium: 117.18mg (3.35%), Folate: 11.68µg (2.92%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.36mg (2.37%), Vitamin B1: 0.03mg (1.85%), Vitamin B12: 0.1µg (1.66%), Vitamin B3: 0.31mg (1.53%), Vitamin B6: 0.03mg (1.37%)