



Buttermilk Chocolate Cake with Fudge Icing

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup butter
- ☐ 1 cup buttermilk
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup vegetable oil
- ☐ 1 cup water boiling
- ☐ 1 cup sugar white

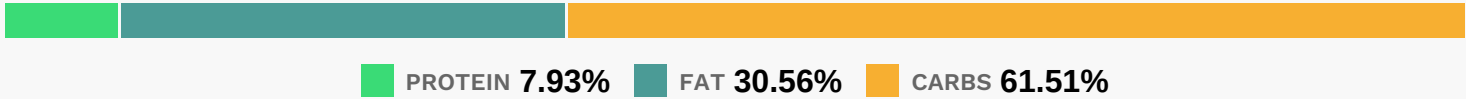
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. In a medium bowl, combine the buttermilk and baking soda. Set aside in a warm place.
- ☐ In a large bowl, mix together 2 cups sugar, eggs, 3 tablespoons cocoa powder, oil and 2 teaspoons vanilla until blended. Stir in the boiling water, then gradually beat in the flour. Stir in the buttermilk mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- ☐ To make the Fudge Icing: In a saucepan, combine 1 cup sugar, 1/2 cup cocoa powder, milk, butter and 1 teaspoon vanilla extract. Bring to a boil, and cook for 1 minute.
- ☐ Remove from heat. Using an electric mixer, beat icing for 3 minutes, or until it thickens to spreading consistency.
- ☐ Pour over completely cooled cake.

Nutrition Facts



Properties

Glycemic Index:17.61, Glycemic Load:18.82, Inflammation Score:-3, Nutrition Score:5.030869587608%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 180.03kcal (9%), Fat: 6.34g (9.75%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 27.2g (9.89%), Sugar: 14.44g (16.04%), Cholesterol: 32.21mg (10.74%), Sodium: 198.8mg (8.64%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.59mg (2.2%), Protein: 3.7g (7.4%), Selenium: 8.65µg (12.36%), Manganese: 0.23mg (11.36%), Vitamin B1: 0.15mg (9.7%), Vitamin B2: 0.15mg (9.02%), Folate: 35.09µg (8.77%), Copper: 0.14mg (7.23%), Iron: 1.29mg (7.15%), Phosphorus: 69.29mg (6.93%), Fiber: 1.51g (6.04%), Vitamin B3: 1.07mg (5.36%), Magnesium: 21.03mg (5.26%), Calcium: 34.4mg (3.44%), Vitamin A: 159.21IU (3.18%), Zinc: 0.47mg (3.14%), Vitamin K: 3.14µg (2.99%), Potassium: 98.77mg (2.82%), Vitamin B12: 0.15µg (2.57%), Vitamin B5: 0.25mg (2.5%), Vitamin D: 0.37µg (2.47%), Vitamin E: 0.29mg (1.96%), Vitamin B6: 0.03mg (1.46%)