



Charlotte's Cocoa Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



452 kcal

DESSERT

Ingredients

- 1 cup butter
- 0.5 cup buttermilk
- 2 large eggs lightly beaten
- 2 cups flour all-purpose
- 2 cups granulated sugar
- 0.5 cup milk
- 2 cups powdered sugar
- 1 teaspoon salt

- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla

Equipment

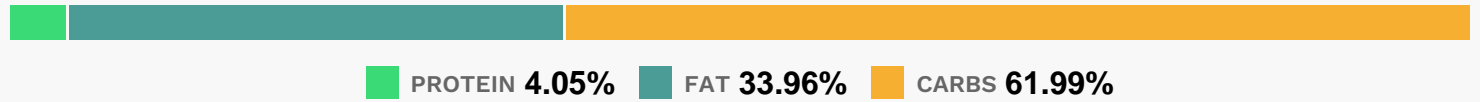
- bowl
- frying pan
- oven
- whisk
- baking pan
- toothpicks

Directions

- Preheat oven to 35
- Grease and flour a 9- by 13-inch baking pan; set aside.
- In a large bowl, cream together granulated sugar and 3/4 cup butter.
- Add eggs, buttermilk, and 1 teaspoon vanilla and beat until well blended.
- In a small bowl, whisk 1/4 cup cocoa in 1 cup boiling water.
- Add to sugar mixture and beat to blend. In a medium bowl, combine flour, salt, baking soda, and cinnamon.
- Add to sugar-cocoa mixture and beat on low speed to combine thoroughly.
- Pour batter into prepared baking pan.
- Bake 25 to 30 minutes, until a toothpick inserted in the center comes out clean.
- In a 2-quart pan over high heat, whisk together remaining 1/4 cup cocoa and the milk and bring to a boil.
- Remove from heat and add remaining 1/4 cup butter, cut into small pieces, and stir until melted.
- Whisk in powdered sugar and remaining 1 teaspoon vanilla.
- Mix until smooth. Stir in pecans (if using).
- Pour mixture over the still-warm cake.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:35.11, Inflammation Score:-5, Nutrition Score:6.6117391119833%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 451.91kcal (22.6%), Fat: 17.59g (27.07%), Saturated Fat: 10.68g (66.78%), Carbohydrates: 72.25g (24.08%), Net Carbohydrates: 70.36g (25.59%), Sugar: 54.05g (60.05%), Cholesterol: 73.99mg (24.66%), Sodium: 240.99mg (10.48%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.72g (9.44%), Selenium: 11.21µg (16.01%), Manganese: 0.29mg (14.32%), Vitamin B1: 0.18mg (12.07%), Vitamin B2: 0.2mg (11.65%), Folate: 44.26µg (11.06%), Vitamin A: 550.7IU (11.01%), Iron: 1.65mg (9.15%), Copper: 0.18mg (8.93%), Phosphorus: 88.65mg (8.86%), Fiber: 1.89g (7.55%), Vitamin B3: 1.34mg (6.72%), Magnesium: 26.14mg (6.54%), Calcium: 41.53mg (4.15%), Zinc: 0.6mg (4%), Vitamin E: 0.55mg (3.7%), Potassium: 123.6mg (3.53%), Vitamin B12: 0.21µg (3.45%), Vitamin B5: 0.33mg (3.25%), Vitamin D: 0.41µg (2.72%), Vitamin B6: 0.04mg (1.91%), Vitamin K: 1.56µg (1.49%)