



Chocolate Butter Cake with Creamy Coconut Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 1 cup milk 2% reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.8 cup sugar divided
- ☐ 1.8 cups sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup cocoa unsweetened sifted
- ☐ 0.5 cup coconut or unsweetened divided flaked toasted
- ☐ 1 tablespoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup
- ☐ candy thermometer

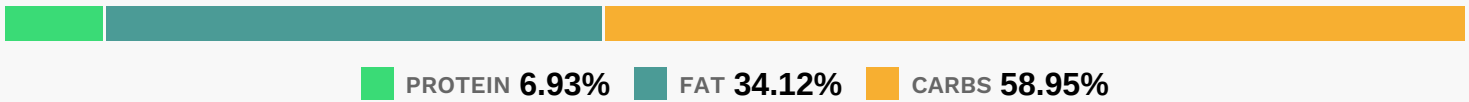
Directions

- ☐ Preheat oven to 35

- ☐ To prepare cake, line bottoms of 2 (9-inch) round cake pans with parchment paper. Coat pans lightly with cooking spray. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 1/2 cup cocoa, baking powder, and 1/2 teaspoon salt in a bowl, stirring well with a whisk.
- ☐ Place 1 3/4 cups sugar and 1/2 cup butter in a large bowl; beat with a mixer at medium speed until light and fluffy (about 2 minutes).
- ☐ Add 3 eggs, 1 at a time, beating well after each addition.
- ☐ Add flour mixture and whole milk alternately to butter mixture, beginning and ending with flour mixture, and beat just until combined. Fold in vanilla.
- ☐ Divide batter evenly between prepared pans.
- ☐ Bake at 350 for 27 minutes or until a wooden pick inserted in center comes out clean. Cool 25 minutes in pans on wire racks.
- ☐ Remove cakes from pans; cool completely on wire racks.
- ☐ To prepare frosting, combine reduced-fat milk and 1/4 cup coconut in a small saucepan; bring to a boil.
- ☐ Remove from heat; let stand 15 minutes. Strain milk mixture through a sieve over a bowl; discard solids. Return milk to pan over medium heat.
- ☐ Combine 1/4 cup sugar, cornstarch, and 1 egg in a small bowl, stirring well with a whisk. Gradually add egg mixture to pan; bring to a boil, stirring constantly. Reduce heat, and cook 1 minute, stirring constantly with a whisk.
- ☐ Remove from heat; add 2 tablespoons butter, stirring until butter melts.
- ☐ Place pan in a large ice-filled bowl; let stand 15 minutes or until pastry cream cools to room temperature, stirring occasionally.
- ☐ Remove pan from ice. Spoon mixture into a bowl.
- ☐ Place plastic wrap on surface; chill.
- ☐ Combine remaining 1/2 cup sugar and 2 tablespoons water in a saucepan; bring to a boil. Cook 3 minutes, without stirring, or until a candy thermometer registers 25
- ☐ Combine egg whites, cream of tartar, and dash of salt in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Pour hot sugar syrup in a thin stream over egg whites; beat until stiff peaks form. Gently stir one-fourth of egg white mixture into chilled pastry cream; gently fold in remaining egg white

- mixture.
- ☐ Place 1 cake layer on a plate; spread about 2 cups frosting over cake, leaving a (1/2-inch) border around outside edges. Top with remaining cake layer.
- ☐ Spread remaining frosting over top of cake.
- ☐ Sprinkle remaining 1/4 cup coconut evenly over top of cake.

Nutrition Facts



Properties

Glycemic Index:21.57, Glycemic Load:28.65, Inflammation Score:-3, Nutrition Score:6.0839130314796%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 292.22kcal (14.61%), Fat: 11.45g (17.62%), Saturated Fat: 7.16g (44.74%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 42.76g (15.55%), Sugar: 33.14g (36.82%), Cholesterol: 68.52mg (22.84%), Sodium: 158.9mg (6.91%), Alcohol: 0.28g (100%), Alcohol %: 0.32% (100%), Caffeine: 6.18mg (2.06%), Protein: 5.23g (10.47%), Selenium: 10.87µg (15.53%), Manganese: 0.27mg (13.34%), Vitamin B2: 0.21mg (12.32%), Phosphorus: 102.96mg (10.3%), Copper: 0.16mg (7.81%), Vitamin B1: 0.12mg (7.72%), Calcium: 74.45mg (7.45%), Folate: 29.67µg (7.42%), Iron: 1.3mg (7.2%), Fiber: 1.75g (7%), Vitamin A: 328.26IU (6.57%), Magnesium: 24.42mg (6.11%), Vitamin B12: 0.29µg (4.87%), Potassium: 150.46mg (4.3%), Zinc: 0.63mg (4.19%), Vitamin B3: 0.82mg (4.1%), Vitamin B5: 0.4mg (4.02%), Vitamin D: 0.55µg (3.67%), Vitamin B6: 0.05mg (2.66%), Vitamin E: 0.37mg (2.47%)