



Chocolate Buttermilk Cake

READY IN



117 min.

SERVINGS



18

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup egg substitute
- ☐ 3 tablespoons milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 1.8 cups granulated sugar
- ☐ 0.5 cup cream cheese light tub-style softened
- ☐ 1.7 cups nonfat buttermilk
- ☐ 3 cups powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 3 ounces bittersweet chocolate melted
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.8 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

Equipment

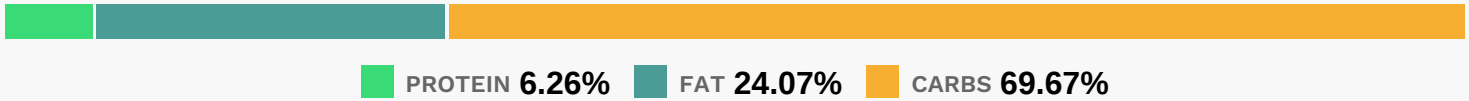
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat bottoms of 2 (8-inch) round cake pans with cooking spray. Line pans with wax paper; coat wax paper with cooking spray.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife. combine flour, 3/4 cup cocoa, baking soda, and salt in a medium bowl, stirring with a whisk until blended.
- ☐ Combine buttermilk and 2 teaspoons vanilla in a 2-cup glass measure.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Gradually add egg substitute; beat well.
- ☐ Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture.
- ☐ Pour batter evenly into prepared pans.
- ☐ Bake at 350 for 38 minutes or until cake springs back when touched lightly in center. Invert cakes onto wire racks, and cool completely.

- ☐ To prepare chocolate frosting, place cream cheese and milk in a medium bowl; beat with a mixer at low speed until smooth. Beat at high speed until creamy.
- ☐ Add melted chocolate; beat well.
- ☐ Combine powdered sugar and 1/4 cup cocoa; gradually add sugar mixture to cheese mixture, beating at low speed until blended.
- ☐ Add 1 teaspoon vanilla; beat well 1 minute or until very creamy.
- ☐ Remove wax paper from cake.
- ☐ Place 1 cake layer on a plate; spread with 1/2 cup frosting. Top with second cake layer, spread remaining frosting over top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:21.28, Inflammation Score:-4, Nutrition Score:6.2278261132862%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 315.97kcal (15.8%), Fat: 8.8g (13.54%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 57.31g (19.1%), Net Carbohydrates: 54.79g (19.92%), Sugar: 42.72g (47.47%), Cholesterol: 17.95mg (5.98%), Sodium: 263.76mg (11.47%), Alcohol: 0.23g (100%), Alcohol %: 0.26% (100%), Caffeine: 15.05mg (5.02%), Protein: 5.14g (10.29%), Manganese: 0.35mg (17.27%), Selenium: 10.54µg (15.05%), Copper: 0.27mg (13.39%), Iron: 1.84mg (10.23%), Fiber: 2.52g (10.08%), Magnesium: 37.75mg (9.44%), Vitamin B1: 0.13mg (8.71%), Vitamin B2: 0.15mg (8.64%), Phosphorus: 83.92mg (8.39%), Folate: 30.05µg (7.51%), Vitamin B3: 0.99mg (4.97%), Zinc: 0.71mg (4.7%), Potassium: 159.52mg (4.56%), Vitamin A: 224.34IU (4.49%), Calcium: 36.46mg (3.65%), Vitamin B5: 0.33mg (3.26%), Vitamin E: 0.36mg (2.43%), Vitamin B12: 0.13µg (2.15%), Vitamin B6: 0.03mg (1.57%), Vitamin D: 0.21µg (1.38%)