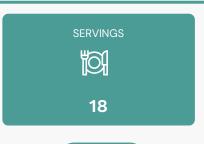


Chocolate Buttermilk Cake







DESSERT

Ingredients

I.5 teaspoons baking soda
0.5 cup butter softened
O.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.	

Nutrition Facts
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.
Remove wax paper from cake.
Add 1 teaspoon vanilla; beat well 1 minute or until very creamy.
Combine powdered sugar and 1/4 cup cocoa; gradually add sugar mixture to cheese mixture, beating at low speed until blended.
Add melted chocolate; beat well.
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.

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, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

PROTEIN 6.26% FAT 24.07% CARBS 69.67%

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%)