



Chocolate Cake

READY IN

ready

50 min.

SERVINGS

servings

16

CALORIES

calories

300 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups buttermilk well-shaken (or 1 cup milk plus 1 tablespoon lemon juice)
- ☐ 4 eggs for 30 minutes at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1.3 cup brown sugar light packed
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 cup bittersweet chocolate cooled melted
- ☐ 2 sticks butter unsalted softened plus more for greasing pan

- ☐ 0.8 cup cocoa powder unsweetened (not Dutch processed)
- ☐ 2 teaspoons vanilla extract pure

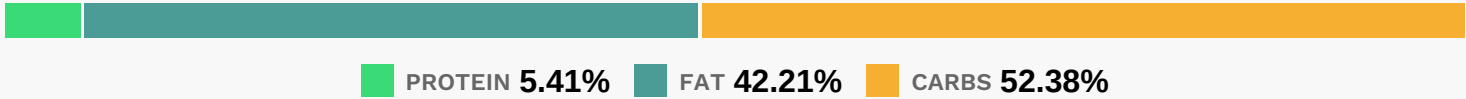
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ butter knife

Directions

- ☐ Put a rack in the middle of the oven and preheat the oven to 350 degrees F. Butter 2 (9 by 2-inch) nonstick round cake pans. Line the bottom of each with a round of parchment paper, and then butter the paper.
- ☐ Sift the flour, cocoa, baking soda and salt together onto parchment paper. With an electric mixer on medium-high speed, cream the butter and sugars until light and fluffy, 4 or 5 minutes.
- ☐ Add your eggs, 1 at a time, mixing until completely incorporated before adding each additional egg.
- ☐ Mix in the chocolate and vanilla, making sure to combine really well. Turn the mixer to low and slowly add the dry ingredients, alternating with the buttermilk, in 3 batches, starting and ending with the flour mixture. Make sure to let it mix thoroughly.
- ☐ Pour half the batter in each pan and spread it evenly with a spatula or butter knife.
- ☐ Bake until a toothpick comes out clean, 25 minutes.
- ☐ Remove the pans to racks and allow the cakes to cool for 10 minutes or so. Loosen the edges of the cake from the pan with a knife, then turn them onto the racks.
- ☐ Remove the paper and let the cakes completely cool.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:12.99, Inflammation Score:-5, Nutrition Score:6.951304430547%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 300.03kcal (15%), Fat: 14.68g (22.58%), Saturated Fat: 8.76g (54.76%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 38.71g (14.08%), Sugar: 25.05g (27.83%), Cholesterol: 71.51mg (23.84%), Sodium: 199.12mg (8.66%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 12.41mg (4.14%), Protein: 4.23g (8.47%), Manganese: 0.33mg (16.43%), Selenium: 9.97µg (14.24%), Copper: 0.24mg (12.18%), Vitamin C: 8.85mg (10.73%), Iron: 1.86mg (10.31%), Folate: 40.22µg (10.06%), Vitamin B1: 0.14mg (9.17%), Fiber: 2.27g (9.09%), Vitamin B2: 0.15mg (8.76%), Magnesium: 34.55mg (8.64%), Phosphorus: 83.66mg (8.37%), Vitamin A: 415.58IU (8.31%), Vitamin B3: 1.1mg (5.48%), Potassium: 164.54mg (4.7%), Zinc: 0.65mg (4.35%), Calcium: 35.11mg (3.51%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.33mg (3.27%), Vitamin D: 0.43µg (2.88%), Vitamin B6: 0.05mg (2.48%), Vitamin B12: 0.13µg (2.14%), Vitamin K: 1.43µg (1.36%)