



Chocolate Cake

READY IN



45 min.

SERVINGS



3

CALORIES



1415 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 2 cups cake flour sifted
- ☐ 0.3 cup cocoa
- ☐ 3 large eggs
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1.3 cups sugar
- ☐ 2 teaspoons vanilla extract

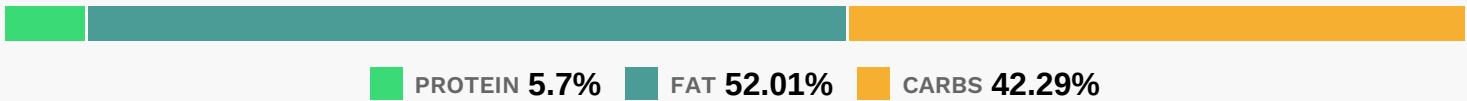
Equipment

☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine cake flour and next 3 ingredients; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla. Follow baking directions for Chocolate Truffle Angel Cake or Miniature Chocolate Truffle Tree Cakes.

Nutrition Facts



Properties

Glycemic Index:62.36, Glycemic Load:97.35, Inflammation Score:-9, Nutrition Score:20.50000003369%

Flavonoids

Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 1414.85kcal (70.74%), Fat: 83.75g (128.84%), Saturated Fat: 49.07g (306.67%), Carbohydrates: 153.22g (51.07%), Net Carbohydrates: 147.68g (53.7%), Sugar: 86.74g (96.38%), Cholesterol: 393.29mg (131.1%), Sodium: 1144.31mg (49.75%), Alcohol: 0.92g (100%), Alcohol %: 0.3% (100%), Caffeine: 21.98mg (7.33%), Protein: 20.65g (41.29%), Selenium: 53.86µg (76.94%), Manganese: 1.06mg (52.95%), Vitamin A: 2633.56IU (52.67%), Phosphorus: 325.75mg (32.57%), Copper: 0.57mg (28.57%), Vitamin B2: 0.47mg (27.8%), Fiber: 5.54g (22.14%), Magnesium: 83.91mg (20.98%), Vitamin E: 2.91mg (19.4%), Iron: 3.07mg (17.04%), Zinc: 2.33mg (15.56%), Folate: 60.86µg (15.22%), Vitamin B5: 1.49mg (14.94%), Calcium: 148.49mg (14.85%), Vitamin B12: 0.73µg (12.21%), Potassium: 415.89mg (11.88%), Vitamin B6: 0.16mg (8.05%), Vitamin B1: 0.11mg (7.55%), Vitamin K: 7.07µg (6.73%), Vitamin D: 1µg (6.67%), Vitamin B3: 1.19mg (5.96%)