



WHATSheATE



Chocolate Cake with Chocolate-Orange Frosting

READY IN



45 min.

SERVINGS



12

CALORIES



397 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar light
- ☐ 1 cup flour
- ☐ 1 teaspoon baking soda
- ☐ 8 ounces bittersweet chocolate 61% chopped (donot exceed cacao)
- ☐ 6 tablespoons butter room temperature () (such as Earth Balance)
- ☐ 3 tablespoons orange juice concentrate frozen divided thawed
- ☐ 1 cup powdered sugar
- ☐ 1 pinch salt

- ☐ 1 cup sugar
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup water
- ☐ 1 teaspoon vinegar white
- ☐ 0.5 cup pastry flour whole wheat

Equipment

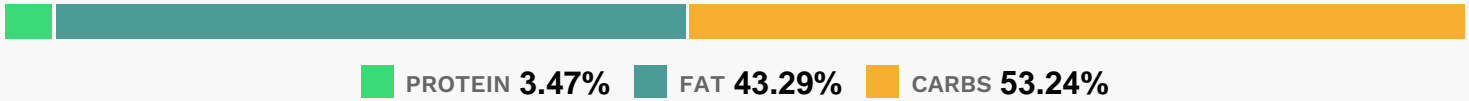
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch diameter cake pan with 2-inch-high sides with nonstick spray. Sift all purpose flour, sugar, whole wheat flour, cocoa powder, baking soda, and salt into large bowl.
- ☐ Add 3/4 cup water, oil, juice concentrate, vanilla, and vinegar and whisk to blend.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 35 minutes. Cool cake in pan on rack. Carefully cut around pan sides and turn out cake onto serving platter.
- ☐ Place chopped bittersweet chocolate in medium metal bowl. Set bowl over saucepan of barely simmering water. Stir constantly until chocolate is melted and smooth. Carefully transfer bowl to work surface. Cool melted chocolate to room temperature, stirring occasionally, 15 to 20 minutes.
- ☐ Using electric mixer, beat "butter" in large bowl until smooth.
- ☐ Add powdered sugar, 1 tablespoon juice concentrate, vanilla, and salt; beat until smooth.

- ☐ Add 2 tablespoons juice concentrate; beat until blended. Beat in agave nectar, then chocolate.
- ☐ Let stand 10 minutes. Frost top and sides of cake. DO AHEAD: Cake can be made up to 8 hours ahead. Cover with cake dome and store at room temperature.
- ☐ * Also called whole grain pastry flour; available at some supermarkets and at most natural foods stores.
- ☐ ** A natural sweetener made from the sap of agave succulent plants; sold at some supermarkets and at natural foods stores.
- ☐ The frosting firms up quickly, so spread it over the cake shortly after you make it.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 21.67, Glycemic Load: 17.91, Inflammation Score: -4, Nutrition Score: 8.220434691595%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 397.07kcal (19.85%), Fat: 19.63g (30.19%), Saturated Fat: 8.93g (55.79%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 51.01g (18.55%), Sugar: 37.68g (41.87%), Cholesterol: 16.18mg (5.39%), Sodium: 143.73mg (6.25%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Caffeine: 22mg (7.33%), Protein: 3.54g (7.07%), Manganese: 0.62mg (31.22%), Copper: 0.37mg (18.65%), Magnesium: 56.53mg (14.13%), Vitamin K: 14.22µg (13.54%), Fiber: 3.3g (13.2%), Selenium: 8.89µg (12.7%), Iron: 2.24mg (12.44%), Phosphorus: 100.6mg (10.06%), Vitamin B1: 0.13mg (8.73%), Vitamin C: 6.14mg (7.44%), Folate: 26.49µg (6.62%), Zinc: 0.89mg (5.94%), Vitamin E: 0.88mg (5.87%), Vitamin B3: 1.15mg (5.76%), Potassium: 200.36mg (5.72%), Vitamin B2: 0.1mg (5.68%), Vitamin A: 198.84IU (3.98%), Vitamin B6: 0.05mg (2.74%), Calcium: 22.07mg (2.21%), Vitamin B5: 0.17mg (1.67%)