



Chocolate Cake with Fluffy Frosting

READY IN



91 min.

SERVINGS



16

CALORIES



299 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 ounces bittersweet chocolate finely chopped
- 1.7 cups cake flour
- 2 tablespoons cake flour
- 0.3 cup canola oil
- 6 ounces cream cheese softened
- 0.3 teaspoon cream of tartar
- 0.3 cup dutch process cocoa

- 3 large egg whites
- 0.7 cup granulated sugar
- 1 cup marshmallow crème
- 0.7 cup nonfat buttermilk
- 3 cups powdered sugar
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water boiling

Equipment

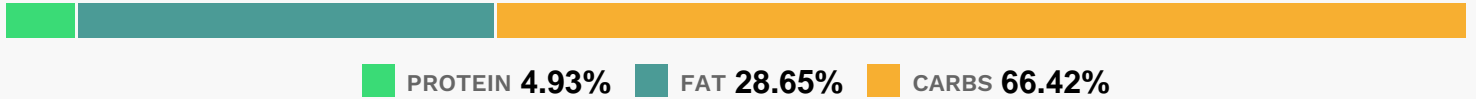
- bowl
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 35
- To prepare cake, combine first 3 ingredients in a small bowl; let stand 1 minute. Stir until smooth; set aside.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and 1/4 teaspoon salt in a bowl, stirring with a whisk.
- Place granulated sugar, buttermilk, and oil in a large bowl; beat with a mixer at low speed until blended.
- Add chocolate mixture; beat at low speed 1 minute.

- Add flour mixture; beat at low speed just until combined.
- Combine egg whites and cream of tartar in a medium bowl. Using clean, dry beaters, beat egg white mixture with a mixer at high speed until stiff peaks form (do not overbeat). Gently stir one-third of egg white mixture into chocolate mixture. Fold in remaining egg white mixture. Divide the batter evenly between 2 (8-inch) round metal cake pans coated with baking spray.
- Bake at 350 for 18 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool for 10 minutes in pans on a wire rack.
- Remove cake from pans, and cool completely on wire rack.
- To prepare frosting, place cream cheeses, 2 tablespoons flour, vanilla, and 1/8 teaspoon salt in a large bowl. Beat with a mixer at medium speed for 2 minutes or until smooth.
- Add powdered sugar; beat 1 minute or until well combined. Gently stir in marshmallow creme just until combined.
- Place 1 cake layer on a plate; spread with 1 cup frosting, leaving a 1/2-inch border around edge. Top with remaining cake layer.
- Spread remaining frosting over top and sides of cake. Refrigerate the cake until ready to serve.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:12.6, Inflammation Score:-2, Nutrition Score:3.3260869727187%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 299.14kcal (14.96%), Fat: 9.79g (15.07%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 51.08g (17.03%), Net Carbohydrates: 50.04g (18.2%), Sugar: 37.21g (41.35%), Cholesterol: 11.09mg (3.7%), Sodium: 182.83mg (7.95%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 5.38mg (1.79%), Protein: 3.79g (7.58%), Selenium: 8.27µg (11.81%), Manganese: 0.2mg (10.04%), Vitamin E: 0.98mg (6.54%), Copper: 0.12mg (5.8%), Phosphorus: 50.79mg (5.08%), Fiber: 1.04g (4.18%), Magnesium: 16.68mg (4.17%), Vitamin B2: 0.07mg (4.15%), Calcium: 40.04mg (4%), Vitamin K: 3.82µg (3.64%), Iron: 0.56mg (3.1%), Vitamin A: 144.38IU (2.89%), Potassium: 82.32mg (2.35%), Zinc:

0.34mg (2.26%), Folate: 6.22µg (1.55%), Vitamin B5: 0.14mg (1.45%), Vitamin B1: 0.02mg (1.05%), Vitamin B3:
0.21mg (1.04%)