



 **18%**  
HEALTH SCORE

## Chocolate Cake with Milk-Chocolate Crunch and Caramel Sauce

READY IN



225 min.

SERVINGS



5

CALORIES



2116 kcal

DESSERT

### Ingredients

- 0.8 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 0.5 cup powdered sugar
- 0.5 cup plus light
- 1 cup rice cereal
- 0.3 cup dutch-processed cocoa powder unsweetened
- 0.8 cup dutch-processed cocoa powder unsweetened
- 2 large eggs

- 1.5 cups flour all-purpose plus more for pan
- 1 cup granulated sugar
- 1.5 cups granulated sugar
- 1 cup cup heavy whipping cream
- 0.8 cup buttermilk low-fat
- 6 ounces chocolate melted
- 5 servings salt
- 1 pound bittersweet chocolate cooled melted
- 2 sticks butter unsalted
- 3 tablespoons butter unsalted
- 5 servings butter unsalted for pan
- 0.3 teaspoon vanilla extract pure
- 1 teaspoon vanilla extract pure
- 3 tablespoons vegetable oil
- 0.3 cup water hot
- 0.8 cup water

## Equipment

- bowl
- oven
- blender
- cake form

## Directions

- Preheat oven to 350 degrees. Make the cake: Butter and flour a 7-inch round cake pan (3 inches deep). Sift flour, cocoa powder, granulated sugar, baking soda, baking powder, and 3/4 teaspoon salt into a large bowl.
- Add eggs, warm water, buttermilk, oil, and vanilla. Beat with a mixer on medium-high speed until smooth, about 3 minutes.

# Nutrition Facts

PROTEIN 3.62% FAT 50.85% CARBS 45.53%

## Properties

Glycemic Index:73.76, Glycemic Load:103.6, Inflammation Score:-9, Nutrition Score:36.93391322053%

## Flavonoids

Catechin: 11.15mg, Catechin: 11.15mg, Catechin: 11.15mg, Catechin: 11.15mg Epicatechin: 33.79mg, Epicatechin: 33.79mg, Epicatechin: 33.79mg, Epicatechin: 33.79mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 2116.27kcal (105.81%), Fat: 124.7g (191.84%), Saturated Fat: 71.43g (446.46%), Carbohydrates: 251.27g (83.76%), Net Carbohydrates: 234.71g (85.35%), Sugar: 192.29g (213.66%), Cholesterol: 261.06mg (87.02%), Sodium: 730.59mg (31.76%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Caffeine: 140.03mg (46.68%), Protein: 19.95g (39.9%), Manganese: 2.3mg (115.11%), Copper: 2.09mg (104.58%), Magnesium: 305.27mg (76.32%), Fiber: 16.56g (66.23%), Iron: 11.47mg (63.69%), Phosphorus: 583.55mg (58.35%), Selenium: 33.93µg (48.47%), Vitamin A: 2334.41IU (46.69%), Vitamin B2: 0.64mg (37.72%), Zinc: 5.13mg (34.22%), Potassium: 1064.39mg (30.41%), Vitamin K: 29.95µg (28.52%), Vitamin B1: 0.41mg (27.53%), Folate: 95.76µg (23.94%), Calcium: 233.29mg (23.33%), Vitamin E: 3.36mg (22.4%), Vitamin B3: 3.8mg (19.02%), Vitamin D: 2.04µg (13.6%), Vitamin B5: 1.1mg (10.96%), Vitamin B12: 0.6µg (9.94%), Vitamin B6: 0.15mg (7.36%)