



Chocolate Decadence Cake

READY IN



120 min.

SERVINGS



8

CALORIES



1553 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 7.3 ounces brown sugar packed
- ☐ 8 ounces cake flour sifted
- ☐ 2 cups chocolate warmed
- ☐ 3 cups chocolate frosting
- ☐ 4 ounces dutch-processed cocoa powder
- ☐ 3 large eggs
- ☐ 5.3 ounces granulated sugar

- ☐ 1 tablespoon espresso powder instant
- ☐ 1 teaspoon salt
- ☐ 12 ounces cream sour
- ☐ 8 ounces buttermilk sour
- ☐ 1 cup butter unsalted at room temperature (2 sticks, 8 ounces)
- ☐ 1 teaspoon vanilla extract
- ☐ 3 cups vanilla frosting

Equipment

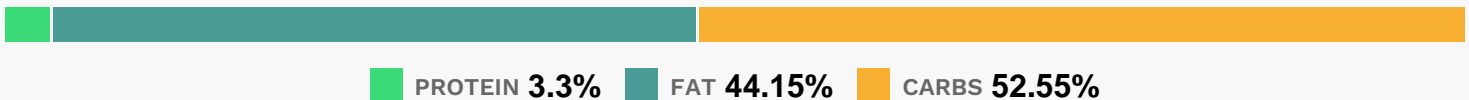
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ stand mixer
- ☐ offset spatula

Directions

- ☐ Adjust oven rack to middle position and preheat to 325°F. Grease three 9-inch cake pans generously with butter and dust with flour. Set aside.
- ☐ In medium bowl, stir together flour, cocoa, espresso powder, baking soda, baking powder, and salt. Set aside. Use an electric mixer or stand mixer fitted with a paddle attachment to cream together white sugar, brown sugar, and butter, beating until light and airy (about 3 minutes).
- ☐ Add eggs one at a time, incorporating entirely before adding the next. Beat in sour cream and vanilla.
- ☐ Add one third of the dry ingredients to the wet, then half of the sour milk or buttermilk, beating well.
- ☐ Add the second third of the dry ingredients, followed by the rest of the sour milk, again beating well.

- ☐ Add the rest of the dry ingredients and mix just until there are no more white wisps of flour. Divide the batter evenly between the three cake pans and bake until a toothpick inserted in the middle of the cake comes out clean, about 30 minute.
- ☐ Allow cakes to sit in the pans for 10 minutes before turning them out onto a cooling rack to cool completely.
- ☐ To construct the cake: Level each cake with a cake leveler so they are perfectly flat. Set your first layer of cake on a cake board and apply half of the chocolate buttercream to the top, smoothing it around the surface with an offset spatula. Stack the second layer of cake on top and apply the rest of the chocolate buttercream to the top, again smoothing it perfectly with an offset spatula. Top with the third layer of cake and apply a small amount of pressure to the cake to gently compress the layer. Don't press too hard.
- ☐ Apply half of the vanilla buttercream to the sides of the cake only, creating a crumb coat. Set the cake in the refrigerator for 15 minutes. After the icing has chilled, apply the remaining vanilla buttercream to just the sides of the cake. Use an offset spatula heated under warm water and then wiped dry to smooth the vanilla buttercream to a fine finish.
- ☐ Set the cake onto a cooling rack that has been placed over a rimmed baking sheet. Carefully pour the warm ganache into the center of the cake, allowing it to run out and cover the top of the cake. Stop pouring once the ganache reaches the edges of the top, and allow some—but not a lot—of the ganache to dribble down the sides. Set the cake in the refrigerator to firm up for 1 hour. This cake will stay fresh for up to three days if well sealed and kept in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:43.21, Glycemic Load:61.98, Inflammation Score:-8, Nutrition Score:22.023478195719%

Flavonoids

Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg, Catechin: 9.19mg Epicatechin: 27.84mg, Epicatechin: 27.84mg, Epicatechin: 27.84mg, Epicatechin: 27.84mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 1553.39kcal (77.67%), Fat: 80.07g (123.19%), Saturated Fat: 37.2g (232.5%), Carbohydrates: 214.44g (71.48%), Net Carbohydrates: 205.34g (74.67%), Sugar: 172g (191.11%), Cholesterol: 158.96mg (52.99%), Sodium:

855.92mg (37.21%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Caffeine: 82.8mg (27.6%), Protein: 13.47g (26.94%), Manganese: 1.23mg (61.5%), Copper: 1.06mg (52.86%), Magnesium: 160.3mg (40.07%), Phosphorus: 386.84mg (38.68%), Vitamin B2: 0.65mg (38.03%), Fiber: 9.09g (36.38%), Selenium: 24.43µg (34.91%), Iron: 5.39mg (29.97%), Vitamin E: 3.9mg (25.98%), Vitamin A: 1123.46IU (22.47%), Potassium: 747.24mg (21.35%), Zinc: 2.7mg (17.97%), Calcium: 172.4mg (17.24%), Vitamin K: 16.99µg (16.18%), Folate: 36.72µg (9.18%), Vitamin B5: 0.87mg (8.66%), Vitamin D: 1.17µg (7.79%), Vitamin B3: 1.47mg (7.35%), Vitamin B12: 0.43µg (7.25%), Vitamin B1: 0.09mg (6.19%), Vitamin B6: 0.12mg (6.07%)