



Chocolate fudge cake with angel frosting

 Vegetarian

READY IN



165 min.

SERVINGS



10

CALORIES



834 kcal

DESSERT

Ingredients

- ☐ 250 g chocolate dark fine
- ☐ 300 g self-raising flour
- ☐ 300 g brown sugar light soft
- ☐ 50 g cocoa
- ☐ 200 ml unrefined sunflower oil for greasing plus a little extra
- ☐ 284 ml soured cream
- ☐ 3 eggs
- ☐ 1 tsp vanilla essence

- ☐ 500 g caster sugar white
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp liquid glucose
- ☐ 2 egg whites
- ☐ 25 g icing sugar sifted

Equipment

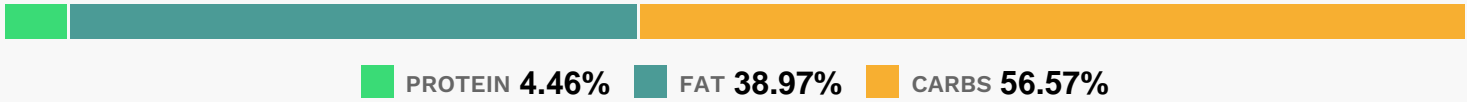
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/fan 140C/gas 4 and grease and line a deep, 20cm round cake tin. Whizz the chocolate in a food processor until crumbs. Tip the flour, sugar, cocoa, oil, 150ml soured cream, eggs, vanilla and 150ml water into the largest mixing bowl you have.
- ☐ Whisk with an electric whisk until smooth, then quickly stir in 150g of your whizzed-up chocolate bits.
- ☐ Scrape into a tin, and bake on the middle shelf for 1 hr 20–1 hr 30 mins, or until a skewer inserted in the centre comes out clean. Cool in the tin.
- ☐ While the cake is baking, make the icing.
- ☐ Combine remaining chocolate bits and soured cream with 2 tbsp soft brown sugar in a small saucepan and heat, stirring, until the chocolate is melted and you have a smooth icing. Leave to cool.
- ☐ When the cake is cool, slice it into 3 even layers.
- ☐ Spread 2 layers with chocolate icing.

To make the angel frosting, put the sugar, vanilla and liquid glucose in a pan with 125ml water. Bring to the boil and cook just until the sugar has melted and the syrup turns clear. Take off the heat. Meanwhile, beat the egg whites until stiff, then continue beating, gradually pouring in the hot sugar syrup in a steady stream, until the mixture is fluffy and thick enough to spread this might take a few mins as the mixture cools. Beat in the icing sugar. Work quickly and spread a tiny bit over each chocolate-covered layer. Assemble cake and swirl remaining frosting over entire cake.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:51.01, Inflammation Score:-5, Nutrition Score:14.608260768911%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 833.91kcal (41.7%), Fat: 37.05g (57%), Saturated Fat: 11.62g (72.61%), Carbohydrates: 120.98g (40.33%), Net Carbohydrates: 115.69g (42.07%), Sugar: 89.41g (99.34%), Cholesterol: 66.14mg (22.05%), Sodium: 54.93mg (2.39%), Alcohol: 0.29g (100%), Alcohol %: 0.17% (100%), Caffeine: 31.5mg (10.5%), Protein: 9.55g (19.1%), Vitamin E: 8.09mg (53.91%), Manganese: 0.95mg (47.35%), Copper: 0.72mg (35.99%), Selenium: 21.27µg (30.39%), Iron: 4.44mg (24.64%), Magnesium: 97.26mg (24.31%), Fiber: 5.3g (21.18%), Phosphorus: 192.07mg (19.21%), Vitamin B2: 0.19mg (11.37%), Zinc: 1.7mg (11.34%), Potassium: 389.45mg (11.13%), Calcium: 90.36mg (9.04%), Vitamin B5: 0.6mg (5.95%), Vitamin A: 253.64IU (5.07%), Folate: 19.9µg (4.98%), Vitamin B12: 0.25µg (4.18%), Vitamin B3: 0.75mg (3.75%), Vitamin B6: 0.07mg (3.65%), Vitamin K: 3.49µg (3.32%), Vitamin B1: 0.05mg (3.17%), Vitamin D: 0.26µg (1.76%)