



Chocolate Guinness Cake



Vegetarian



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



528 kcal

DESSERT

Ingredients

- ☐ 1 cup guinness extra stout
- ☐ 10 tablespoons butter unsalted
- ☐ 0.8 cup natural cocoa unsweetened
- ☐ 1.5 cups caster sugar
- ☐ 0.5 cups brown sugar dark
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 2 eggs
- ☐ 1 tablespoon vanilla extract pure

- ☐ 2 cups flour all-purpose
- ☐ 2.5 teaspoons baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cream cheese frosting recipe

Equipment

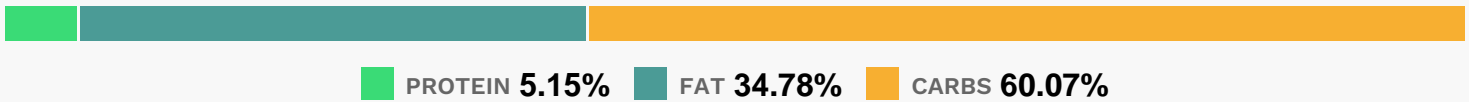
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Preheat oven, prepare pan: Preheat the oven to 350°F. Grease a 8 or 9-inch springform pan with butter and line the bottom with a round of parchment paper.
- ☐ Heat Guinness, butter, add cocoa and sugar: In a large saucepan place the stout and butter. Cook over medium-high heat until the butter has melted.
- ☐ Add the cocoa powder and sugars and whisk together. Take off heat and allow to come to room temperature.
- ☐ Beat sour cream, eggs, vanilla, then add to stout butter mixture: In another bowl beat together the sour cream, eggs, and vanilla extract until very, very well combined.
- ☐ Add to the butter-stout mixture and whisk together.
- ☐ Whisk flour, baking soda, salt, add to stout-butter mixture: In another bowl whisk together the flour, baking soda, and salt.
- ☐ Add to the stout-butter mixture and whisk together until it just comes together.
- ☐ Bake:

- ☐
- Pour into the prepared pan and give the pan a few short drops onto the countertop to shake the air pockets in the batter to the surface and out of the cake.
- ☐
- Bake at 350°F for 50–60 minutes.
- ☐
- Cool: Allow to cool on a wire rack. Run a knife around the edge to separate the cake from the pan and pop the ring off the springform.
- ☐
- Frost:
- ☐
- Spread frosting on the cooled cake and serve.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:43.43, Inflammation Score:-6, Nutrition Score:10.412173933957%

Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 527.72kcal (26.39%), Fat: 20.97g (32.26%), Saturated Fat: 12.21g (76.33%), Carbohydrates: 81.49g (27.16%), Net Carbohydrates: 77.66g (28.24%), Sugar: 52.02g (57.8%), Cholesterol: 91.27mg (30.42%), Sodium: 445.71mg (19.38%), Alcohol: 0.56g (100%), Alcohol %: 0.41% (100%), Caffeine: 18.54mg (6.18%), Protein: 6.98g (13.96%), Manganese: 0.54mg (27.14%), Selenium: 16.49µg (23.56%), Copper: 0.38mg (18.77%), Vitamin B1: 0.26mg (17.42%), Folate: 66.89µg (16.72%), Vitamin B2: 0.27mg (16.17%), Iron: 2.9mg (16.12%), Fiber: 3.83g (15.31%), Phosphorus: 135.95mg (13.59%), Magnesium: 52.37mg (13.09%), Vitamin A: 631.06IU (12.62%), Vitamin B3: 2.08mg (10.39%), Zinc: 1.01mg (6.71%), Potassium: 223.8mg (6.39%), Calcium: 59.16mg (5.92%), Vitamin B5: 0.44mg (4.36%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.48µg (3.22%), Vitamin B12: 0.17µg (2.88%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 1.88µg (1.79%)