



## Chocolate Layer Cake



Vegetarian



Popular

READY IN



180 min.

SERVINGS



12

CALORIES



596 kcal

DESSERT

## Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.5 tablespoon apple cider vinegar
- ☐ 1.3 teaspoon double-acting baking powder
- ☐ 1.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1.5 cups buttermilk
- ☐ 12 servings g chocolate unsweetened melted chopped
- ☐ 0.8 cup granulated sugar

- ☐ 6 cups icing sugar
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water/milk/strong coffee
- ☐ 1 cup butter unsalted at room temperature
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla
- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ hand mixer

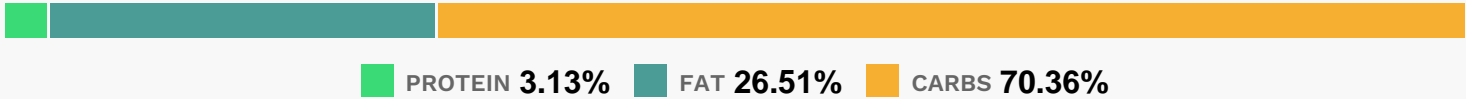
## Directions

- ☐ Preheat oven to 325F/160C for 15 minutes. Line two 9 inch round cake pans with parchment paper and grease it lightly with non stick cooking spray. Sift together the flour, cocoa powder, baking powder, baking soda and salt in a medium sized bowl. Stir until mixed. Beat butter with sugars in a large bowl, using an electric mixer on medium for about 3 minutes.
- ☐ Add the applesauce in two additions, beating well and scraping down sides of bowl after each addition.
- ☐ Mix in the vinegar too. The mixture will look curdled but don't worry. Beat in vanilla. Reduce speed and beat one third of flour mixture into butter mixture, then add half the buttermilk. Repeat additions, scraping down sides until well mixed. Divide batter evenly between pans and smooth tops. Tap the pans lightly to burst air pockets if any.
- ☐ Bake in center of oven until a tooth pick inserted in center of cakes comes out clean, 25 to 30 min. If using two racks, move the pan from the top rack to the bottom and the vice-versa in

about 15 minutes.Cool in pans on a rack for 10 minutes.Run a knife around inside edge of each pan and then turn cakes out onto rack.

- ☐ Remove parchment.
- ☐ Let cool completely, about 1 hour. I actually left it overnight before I could frost the cake.

## Nutrition Facts



## Properties

Glycemic Index:28.84, Glycemic Load:20.97, Inflammation Score:-5, Nutrition Score:8.2295651069802%

## Flavonoids

Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 595.96kcal (29.8%), Fat: 18.18g (27.97%), Saturated Fat: 11.27g (70.42%), Carbohydrates: 108.53g (36.18%), Net Carbohydrates: 105.7g (38.44%), Sugar: 87.75g (97.5%), Cholesterol: 45.19mg (15.06%), Sodium: 274.28mg (11.93%), Alcohol: 0.49g (100%), Alcohol %: 0.32% (100%), Caffeine: 15.14mg (5.05%), Protein: 4.83g (9.66%), Manganese: 0.41mg (20.64%), Copper: 0.29mg (14.61%), Selenium: 10.04µg (14.34%), Vitamin B1: 0.19mg (12.9%), Vitamin B2: 0.21mg (12.4%), Iron: 2.11mg (11.74%), Phosphorus: 116.73mg (11.67%), Fiber: 2.83g (11.32%), Vitamin A: 541.65IU (10.83%), Folate: 42.73µg (10.68%), Magnesium: 41.28mg (10.32%), Calcium: 99.92mg (9.99%), Vitamin B3: 1.45mg (7.23%), Potassium: 204.91mg (5.85%), Zinc: 0.8mg (5.32%), Vitamin D: 0.79µg (5.24%), Vitamin B12: 0.23µg (3.75%), Vitamin E: 0.5mg (3.36%), Vitamin B5: 0.31mg (3.15%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 1.79µg (1.71%)