



Chocolate Mint Layer Cake

READY IN



45 min.

SERVINGS



8

CALORIES



545 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.3 teaspoons baking soda
- ☐ 1.5 cups buttermilk
- ☐ 1.8 cups cake flour
- ☐ 8 servings chocolate curls
- ☐ 3 large eggs
- ☐ 8 servings mint sprigs fresh
- ☐ 0.8 teaspoon salt
- ☐ 2 cups sugar

- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 4 teaspoons vanilla extract
- ☐ 8 servings mint whipped cream

Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter and flour three 9-inch-diameter cake pans with 1 1/2-inch-high sides. Line bottom of pans with parchment paper.
- ☐ Sift first 5 ingredients into medium bowl. Using electric mixer, beat sugar and butter in large bowl until well blended.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Mix in vanilla.
- ☐ Add dry ingredients alternately with buttermilk in 3 additions each, beating until well blended. Divide batter equally among prepared pans (generous 2 cups for each); smooth top of batter.
- ☐ Bake cakes until tester inserted into center comes out with some moist crumbs still attached, about 25 minutes. Cool cakes in pans on racks 15 minutes. Turn cakes out onto racks; peel off paper. Cool completely. (Can be made 1 day ahead. Cover; store at room temperature.)
- ☐ Place 1 cake layer on platter.
- ☐ Spread 1 1/4 cups Mint Whipped Cream over. Top with second cake layer.
- ☐ Spread 1 1/4 cups Mint Whipped Cream over. Top with third cake layer.
- ☐ Spread remaining Mint Whipped Cream over top and sides of cake. Refrigerate at least 2 hours and up to 6 hours. Pile chocolate curls atop center of cake.
- ☐ Garnish with mint sprigs.

Nutrition Facts



 **PROTEIN 6.46%**  **FAT 38.14%**  **CARBS 55.4%**

Properties

Glycemic Index:39.39, Glycemic Load:48.91, Inflammation Score:-6, Nutrition Score:10.373043324636%

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 Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 544.7kcal (27.23%), Fat: 23.98g (36.89%), Saturated Fat: 14.14g (88.4%), Carbohydrates: 78.39g (26.13%), Net Carbohydrates: 74.59g (27.12%), Sugar: 53.5g (59.45%), Cholesterol: 125.07mg (41.69%), Sodium: 495.54mg (21.55%), Alcohol: 0.69g (100%), Alcohol %: 0.48% (100%), Caffeine: 19.4mg (6.47%), Protein: 9.14g (18.27%), Selenium: 20.11µg (28.73%), Manganese: 0.57mg (28.3%), Copper: 0.41mg (20.25%), Phosphorus: 180.45mg (18.05%), Vitamin A: 791.95IU (15.84%), Fiber: 3.8g (15.2%), Magnesium: 57.78mg (14.44%), Vitamin B2: 0.22mg (13.21%), Calcium: 106.43mg (10.64%), Iron: 1.89mg (10.48%), Vitamin D: 1.3µg (8.69%), Zinc: 1.28mg (8.54%), Potassium: 265.86mg (7.6%), Vitamin B12: 0.43µg (7.15%), Vitamin B5: 0.65mg (6.47%), Folate: 24.62µg (6.16%), Vitamin E: 0.88mg (5.89%), Vitamin B1: 0.06mg (4.1%), Vitamin B6: 0.07mg (3.65%), Vitamin B3: 0.55mg (2.75%), Vitamin K: 2.15µg (2.05%)