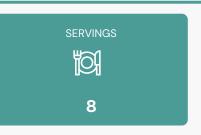


Chocolate Mint Layer Cake







DESSERT

Ingredients

0.8 teaspoon salt

2 cups sugar

O.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 cup butter unsalted room temperature ()
	0.8 cup cocoa powder unsweetened
	4 teaspoons vanilla extract
	8 servings mint whipped cream
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Equipment	
	bowl
	baking paper
	oven
	hand mixer
Di	rections
	Preheat oven to 350°F. Butter and flour three 9-inch-diameter cake pans with 11/2-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 11/4 cups Mint Whipped Cream over. Top with second cake layer.
	Spread 11/4 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 enrige

Nutrition Facts

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, 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, Apigenin: 0.05mg, 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 B1: 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%)