



Chocolate-Orange Layer Cake

READY IN



45 min.

SERVINGS



16

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 ounce bittersweet chocolate finely chopped
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 1 tablespoon butter
- ☐ 6 tablespoons butter softened
- ☐ 1.7 cups cake flour
- ☐ 1.5 teaspoons cornstarch

- ☐ 3 large egg whites
- ☐ 0.8 teaspoon flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 tablespoons evaporated milk low-fat
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 1.8 cups sugar
- ☐ 3 tablespoons sugar
- ☐ 0.7 cup cocoa unsweetened
- ☐ 2.5 teaspoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water boiling
- ☐ 0.8 cup non-dairy whipped topping fat-free frozen thawed

Equipment

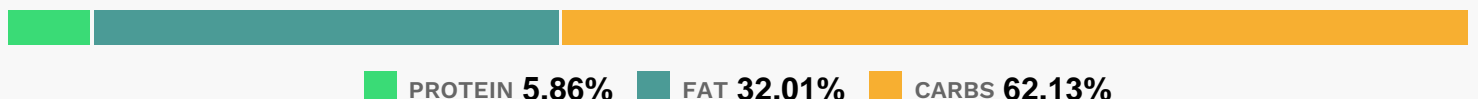
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35

- ☐ To prepare cake, combine 1 cup boiling water and 2/3 cup cocoa in a bowl, stirring until smooth.
- ☐ Add 2 ounces bittersweet chocolate; stir until smooth. Cool to room temperature. Coat 2 (8-inch) round metal cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray; dust each pan with 1 teaspoon flour.
- ☐ Place 1 3/4 cups sugar, 6 tablespoons butter, and 1 teaspoon vanilla in a large bowl; beat with a mixer at medium speed 1 minute.
- ☐ Add egg whites, 1 at a time, beating well after each addition.
- ☐ Add sour cream; beat at medium speed 2 minutes. Weigh or lightly spoon 4 ounces flour (about 1 2/3 cups) into dry measuring cups; level with a knife.
- ☐ Combine 4 ounces flour, baking powder, baking soda, and 1/2 teaspoon salt in a bowl, stirring well.
- ☐ Add flour mixture and cocoa mixture alternately to sugar mixture, beginning and ending with flour mixture and beating just until combined.
- ☐ Divide batter evenly between prepared pans.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted into center comes out clean. Cool in pans 10 minutes on wire racks. Invert cake layers onto racks; cool completely. Discard wax paper.
- ☐ To prepare filling, combine juice and next 6 ingredients (through 1/4 ounce bittersweet chocolate) in a small saucepan over low heat; bring mixture to a boil, stirring frequently. Cook 1 minute, stirring constantly.
- ☐ Pour into a bowl. Cover and chill. Uncover; fold in whipped topping.
- ☐ To prepare glaze, combine milk, 1 tablespoon butter, and 4 ounces bittersweet chocolate in a medium microwave-safe bowl; microwave at HIGH for 1 minute, stirring every 15 seconds until smooth.
- ☐ Place 1 cake layer on a plate.
- ☐ Spread filling over top, leaving a 1/4-inch border. Top with remaining cake layer. Spoon warm glaze over top of cake, allowing it to drip over the edges of cake.

Nutrition Facts



Properties

Glycemic Index:37.57, Glycemic Load:23.49, Inflammation Score:-3, Nutrition Score:5.4978261045788%

Flavonoids

Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 276.92kcal (13.85%), Fat: 10.25g (15.76%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 42.13g (15.32%), Sugar: 29.54g (32.82%), Cholesterol: 15.36mg (5.12%), Sodium: 220.64mg (9.59%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Caffeine: 18.12mg (6.04%), Protein: 4.22g (8.45%), Manganese: 0.4mg (19.95%), Copper: 0.31mg (15.7%), Selenium: 8.69µg (12.42%), Magnesium: 44.11mg (11.03%), Fiber: 2.62g (10.47%), Phosphorus: 87.25mg (8.73%), Iron: 1.41mg (7.84%), Vitamin B2: 0.09mg (5.42%), Potassium: 168.9mg (4.83%), Zinc: 0.72mg (4.82%), Calcium: 44.87mg (4.49%), Vitamin A: 193.81IU (3.88%), Vitamin C: 2.58mg (3.13%), Folate: 9.49µg (2.37%), Vitamin B1: 0.03mg (2.19%), Vitamin B3: 0.37mg (1.87%), Vitamin B12: 0.11µg (1.83%), Vitamin E: 0.27mg (1.79%), Vitamin K: 1.38µg (1.31%), Vitamin B5: 0.13mg (1.3%), Vitamin B6: 0.02mg (1.08%)