



## Chocolate Sauerkraut Cake with Sour Cream Frosting

♥♥ Popular

READY IN



45 min.

SERVINGS



16

CALORIES



367 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup warm coffee brewed (or water)
- ☐ 0.5 cup dutch process cocoa powder) dark unsweetened
- ☐ 3 large eggs room temperature
- ☐ 9 ounces flour all-purpose
- ☐ 1.5 cups granulated sugar

- ☐ 12 oz unsifted powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.5 ounce can of sauerkraut canned
- ☐ 0.5 cup semi-sweet chocolate chips miniature
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 0.5 cup cup heavy whipping cream sour room temperature
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ sieve
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ microwave
- ☐ cutting board

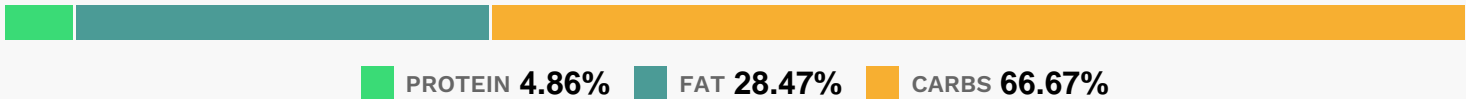
## Directions

- ☐ Preheat the oven to 350 degrees. Spray a 9×13 inch metal cake pan with flour-added baking spray.Spoon half of the sauerkraut out of the can and into a sieve.
- ☐ Drain well, pat dry, and chop it up on a cutting board or better yet, in a mini chopper or food processor. Save the rest of the sauerkraut for something else.In a medium size bowl, thoroughly mix the flour, cocoa powder, baking powder, baking soda and salt. Set aside.In a large mixing bowl using an electric mixer, beat the butter and sugar until creamy. Beat in the

vanilla. Scrape the sides of the bowl and beat in the eggs, one by one. When eggs are blended, add the flour mixture alternately with the coffee, stirring on low speed, just until mixed. Stir in the chopped sauerkraut and the miniature chocolate chips.

- ☐ Pour the cake batter into the pan and bake on center rack for 33 to 35 minutes or until a toothpick inserted comes out clean.
- ☐ Let cool in the pan. When ready to frost, melt the butter in a medium size microwave-safe bowl.
- ☐ Add the chopped chocolate and stir until it is almost fully melted. Microwave at 50% power for another 30 seconds and stir until chocolate is fully melted.
- ☐ Scrape into a large mixing bowl. Stir in the ROOM TEMPERATURE sour cream and vanilla.
- ☐ Add the powdered sugar 1 cup at a time and beat with an electric mixer until smooth and creamy. For thinner frosting, add a little milk.
- ☐ Spread over the cake.

## Nutrition Facts



## Properties

Glycemic Index:16.82, Glycemic Load:21.96, Inflammation Score:-4, Nutrition Score:7.23999999194819%

## Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 366.75kcal (18.34%), Fat: 11.88g (18.28%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 59.88g (21.77%), Sugar: 45.85g (50.95%), Cholesterol: 47.61mg (15.87%), Sodium: 150.82mg (6.56%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Caffeine: 25.95mg (8.65%), Protein: 4.56g (9.13%), Manganese: 0.44mg (21.75%), Copper: 0.34mg (16.89%), Selenium: 10.56µg (15.09%), Iron: 2.35mg (13.07%), Magnesium: 47.75mg (11.94%), Phosphorus: 109.63mg (10.96%), Fiber: 2.71g (10.86%), Vitamin B2: 0.17mg (9.92%), Vitamin B1: 0.14mg (9.33%), Folate: 35.29µg (8.82%), Vitamin B3: 1.18mg (5.9%), Zinc: 0.88mg (5.85%), Potassium: 180.87mg (5.17%), Calcium: 44.64mg (4.46%), Vitamin A: 190.92IU (3.82%), Vitamin B5: 0.33mg (3.35%), Vitamin B12: 0.13µg (2.22%), Vitamin E: 0.32mg (2.1%), Vitamin B6: 0.04mg (1.75%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.67µg (1.59%)