



Chocolate Sour Cream Buttermilk Bundt Cake

READY IN



55 min.

SERVINGS



12

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 8.8 oz all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 13 tablespoons butter
- ☐ 0.5 cup buttermilk
- ☐ 0.8 cup natural cocoa powder unsweetened (natural, not Dutch processed)
- ☐ 5 eggs room temperature
- ☐ 1 teaspoon espresso powder instant
- ☐ 14 oz brown sugar light packed
- ☐ 1 teaspoon salt

- ☐ 6 ounces semi-sweet chocolate chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon vanilla
- ☐ 0.8 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ skewers
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F. Spray a 12 cup bundt pan with flour-added cooking spray.
- ☐ Combine cocoa, chocolate, and espresso powder in medium heatproof bowl; pour boiling water over chocolate and whisk until smooth. Cool to room temperature; then whisk in sour cream and buttermilk.In a second bowl, whisk together flour, salt, and baking soda.In a standing mixer fitted with paddle, beat butter, sugar, and vanilla on medium-high speed until pale and fluffy, about 3 minutes. Reduce speed to medium and add eggs one at a time, mixing about 30 seconds after each egg.By hand, stir 1/3 of the flour into batter.
- ☐ Add half of the chocolate/sour cream mixture and stir until incorporated. Scrape bowl and add remaining flour mixture and all of remaining chocolate mixture;
- ☐ Pour batter into prepared Bundt pan.
- ☐ Bake until wooden skewer inserted into center comes out with few crumbs attached, 42-45 minutes.Cool in pan 10 minutes, then invert cake onto parchment-lined wire rack.

Nutrition Facts



 PROTEIN **6.02%**  FAT **43.1%**  CARBS **50.88%**

Properties

Glycemic Index:13, Glycemic Load:11.57, Inflammation Score:-6, Nutrition Score:10.637391405585%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 458.8kcal (22.94%), Fat: 22.6g (34.78%), Saturated Fat: 13.12g (81.98%), Carbohydrates: 60.04g (20.01%), Net Carbohydrates: 56.35g (20.49%), Sugar: 38.46g (42.74%), Cholesterol: 108.41mg (36.14%), Sodium: 435.1mg (18.92%), Alcohol: 0.37g (100%), Alcohol %: 0.33% (100%), Caffeine: 27.17mg (9.06%), Protein: 7.1g (14.2%), Manganese: 0.57mg (28.36%), Selenium: 15.88µg (22.69%), Copper: 0.45mg (22.34%), Iron: 3.18mg (17.65%), Magnesium: 64.31mg (16.08%), Phosphorus: 156mg (15.6%), Fiber: 3.68g (14.72%), Vitamin B2: 0.25mg (14.43%), Folate: 50.03µg (12.51%), Vitamin B1: 0.19mg (12.39%), Vitamin A: 561.31IU (11.23%), Potassium: 287.19mg (8.21%), Calcium: 82.11mg (8.21%), Zinc: 1.22mg (8.13%), Vitamin B3: 1.56mg (7.79%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.28µg (4.68%), Vitamin E: 0.69mg (4.59%), Vitamin B6: 0.07mg (3.66%), Vitamin D: 0.5µg (3.31%), Vitamin K: 2.51µg (2.39%)