



## Chocolate Sponge Cake

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

DESSERT

## Ingredients

- ☐ 1 cup chocolate chips sweet 61% (do not exceed cacao)
- ☐ 0.3 cup cake flour
- ☐ 0.3 cup cocoa powder unsweetened plus more for pan
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract

## Equipment

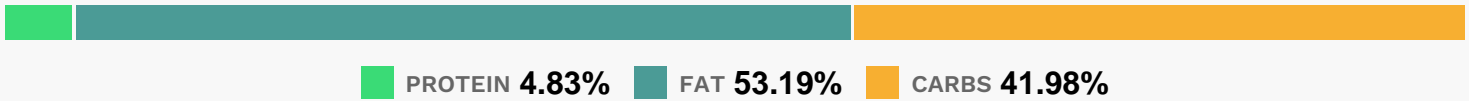
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula
- ☐ offset spatula
- ☐ cutting board
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 400°F. Line the bottom of a 13x9x2" metal baking pan with parchment paper. Butter paper and sides of pan; dust with cocoa powder, tapping out excess. Sift flour and remaining 1/4 cup cocoa powder through a fine-mesh sieve into a small bowl. Repeat sifting 2 more times. Set flour mixture aside. Crack 2 eggs into a large deep bowl. Separate remaining 2 eggs, adding yolks to bowl with whole eggs and placing whites in a medium deep bowl. Set whites aside.
- ☐ Using an electric mixer, beat whole eggs and yolks on low speed for 1 minute. Increase speed to medium; gradually add 1/2 cup sugar. Beat until mixture is thick and pale, about 3 minutes. Beat in vanilla.
- ☐ Using clean, dry beaters, beat egg whites until foamy.
- ☐ Sprinkle 1 teaspoon sugar over. Continue to beat until soft peaks form, about 1 minute.
- ☐ Sprinkle remaining 5 teaspoons sugar over and beat until meringue is thick and glossy, about 30 seconds.
- ☐ Using a rubber spatula, fold half of meringue into egg mixture. Sift half of dry ingredients over batter and fold until just blended. Repeat with remaining meringue and dry ingredients.

- ☐ Scrape batter into prepared pan, spreading evenly to edges.
- ☐ Bake until cake springs back when pressed gently with your fingertips, 10–12 minutes.
- ☐ Let cake cool in pan on a wire rack. Run a knife around sides of pan to release cake.
- ☐ Place a cutting board on top of pan. Invert cake onto board; remove pan. Carefully peel away parchment. Using a serrated knife, trim edges to create an even layer.
- ☐ Bring cream to a simmer in a small saucepan over medium–low heat.
- ☐ Remove from heat; add chocolate chips and stir until icing is smooth and glossy.
- ☐ Let cool to thicken slightly, about 15 minutes.
- ☐ Using an offset spatula, spread half of icing down the middle of the cake; smooth evenly to the edges.
- ☐ Cut cake crosswise into 3 pieces. Stack pieces to make 3 layers.
- ☐ Spread remaining icing on sides of cake. DO AHEAD: Can be made 2 days ahead. Store airtight at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:22.85, Glycemic Load:14.08, Inflammation Score:-4, Nutrition Score:5.9439130101515%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 372.94kcal (18.65%), Fat: 22.68g (34.9%), Saturated Fat: 17.04g (106.52%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 37.68g (13.7%), Sugar: 27.9g (31%), Cholesterol: 38.93mg (12.98%), Sodium: 41.47mg (1.8%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.64g (9.27%), Calcium: 116.7mg (11.67%), Manganese: 0.22mg (11.17%), Fiber: 2.59g (10.36%), Copper: 0.21mg (10.27%), Vitamin A: 498.74IU (9.97%), Zinc: 1.42mg (9.49%), Phosphorus: 87.01mg (8.7%), Magnesium: 32.19mg (8.05%), Potassium: 279.72mg (7.99%), Vitamin B2: 0.13mg (7.39%), Selenium: 5.16µg (7.37%), Vitamin E: 0.82mg (5.49%), Iron: 0.97mg (5.4%), Vitamin D: 0.51µg (3.41%), Vitamin B5: 0.34mg (3.36%), Vitamin K: 3.53µg (3.36%), Vitamin B1: 0.04mg (2.87%), Vitamin B6: 0.06mg (2.79%), Folate: 10.43µg (2.61%), Vitamin B3: 0.47mg (2.33%), Vitamin B12: 0.14µg (2.26%)