



Chocolate Yum Yum Cake

READY IN



120 min.

SERVINGS



16

CALORIES



336 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 tablespoon baking soda
- 0.8 cup butter softened
- 1 eggs
- 2 cups flour all-purpose
- 1 cup semi chocolate chips
- 1 cup cup heavy whipping cream sour
- 3 tablespoons strong coffee decoction brewed
- 0.6 cup cocoa powder unsweetened

- 2 teaspoons vanilla extract
- 0.5 cup water
- 2 cups sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 9 inch round cake pans. Sift together the flour, baking powder, baking soda and cocoa, set aside.
- In a medium bowl, beat the sugar and egg until light, add the 1/2 cup butter, beat until smooth. Stir in the sour cream, water, and vanilla.
- Add dry ingredients, mix slowly until flour mixture is absorbed. Fold in the 2 cups chocolate chips. Divide the mixture evenly between the two prepared pans.
- Bake for 35 to 40 minutes until cake tests done with a toothpick.
- Place pans of cake on wire racks to cool for 10 minutes before removing from pans to cool completely. When cool frost with the following frosting recipe.
- To make the frosting, melt the remaining 1 cup chocolate chips with the coffee in a small saucepan over low heat.
- Remove pan from heat, and beat in the 3/4 cup of butter, 1 tablespoon at a time, until smooth. Set pan in a bowl of ice and beat until icing is spreadable and holds it's shape. Cool completely before frosting cake.

Nutrition Facts



PROTEIN 4.32% FAT 43.19% CARBS 52.49%

Properties

Glycemic Index:17.94, Glycemic Load:26.27, Inflammation Score:-4, Nutrition Score:6.7273913323879%

Flavonoids

Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 336.48kcal (16.82%), Fat: 16.68g (25.67%), Saturated Fat: 9.78g (61.13%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 43.06g (15.66%), Sugar: 29.75g (33.06%), Cholesterol: 42.26mg (14.09%), Sodium: 261.74mg (11.38%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 18.51mg (6.17%), Protein: 3.75g (7.5%), Manganese: 0.39mg (19.49%), Copper: 0.3mg (14.91%), Selenium: 8.36µg (11.94%), Iron: 2.06mg (11.44%), Phosphorus: 106.25mg (10.63%), Magnesium: 42.4mg (10.6%), Fiber: 2.57g (10.27%), Vitamin B1: 0.13mg (8.92%), Vitamin B2: 0.14mg (8.14%), Folate: 32.2µg (8.05%), Calcium: 76.88mg (7.69%), Vitamin A: 375.94IU (7.52%), Vitamin B3: 1.12mg (5.59%), Zinc: 0.73mg (4.89%), Potassium: 158.63mg (4.53%), Vitamin E: 0.41mg (2.73%), Vitamin B5: 0.22mg (2.2%), Vitamin K: 1.91µg (1.82%), Vitamin B12: 0.09µg (1.55%), Vitamin B6: 0.03mg (1.29%)