



Cooking Light's Ultimate Chocolate Layer Cake

READY IN



45 min.

SERVINGS



18

CALORIES



199 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 0.8 cup egg substitute
- 2 cups flour all-purpose
- 10 tablespoon butter light softened
- 0.8 cup cup heavy whipping cream sour low-fat
- 0.3 teaspoon salt
- 2 cups sugar
- 0.5 cup cocoa unsweetened

- 1 teaspoon vanilla extract
- 0.8 cup water boiling

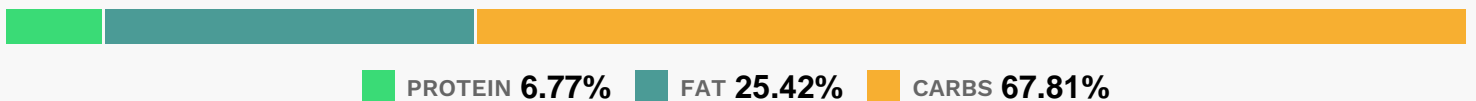
Equipment

- bowl
- frying pan
- oven
- blender
- wax paper
- spatula

Directions

- Preheat oven to 350
- Coat bottoms of 2 (8-inch) round cake pans with cooking spray (do not coat sides of pan); line bottoms of pans with wax paper. Coat wax paper with cooking spray; set aside.
- Beat sugar and butter at medium speed of a mixer until well-blended. Gradually add egg substitute; beat well.
- Combine flour, cocoa, baking soda, and salt in a bowl. With mixer running at low speed, add flour mixture to sugar mixture alternately with sour cream, beginning and ending with flour mixture. Gently stir in boiling water and vanilla.
- Pour batter into prepared pans.
- Bake at 350 for 35 minutes or until cake springs back when touched in center. Loosen layers from sides of pans using a narrow metal spatula; turn out onto wire racks. Peel off wax paper; let cool.
- Place 1 cake layer on a plate; spread with 1/2 cup Chocolate Frosting. Top with other cake layer; spread remaining frosting over cake.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:23.18, Inflammation Score:-3, Nutrition Score:4.3808695667464%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 198.84kcal (9.94%), Fat: 5.84g (8.98%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 33.76g (12.28%), Sugar: 22.51g (25.01%), Cholesterol: 11.6mg (3.87%), Sodium: 110.07mg (4.79%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.5g (6.99%), Selenium: 9.69µg (13.84%), Manganese: 0.19mg (9.42%), Vitamin B1: 0.13mg (8.5%), Vitamin B2: 0.13mg (7.9%), Folate: 28.91µg (7.23%), Iron: 1.28mg (7.1%), Copper: 0.12mg (5.88%), Fiber: 1.26g (5.04%), Phosphorus: 49.2mg (4.92%), Magnesium: 17.95mg (4.49%), Vitamin B3: 0.9mg (4.48%), Vitamin A: 186IU (3.72%), Calcium: 30.25mg (3.02%), Zinc: 0.43mg (2.86%), Potassium: 99.09mg (2.83%), Vitamin B5: 0.23mg (2.33%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.26µg (1.71%), Vitamin B12: 0.08µg (1.41%), Vitamin B6: 0.03mg (1.25%)