



Death By Chocolate V

READY IN

ready

90 min.

SERVINGS

servings

10

CALORIES

calories

567 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups semi chocolate chips
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.6 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract

- ☐ 0.5 cup water
- ☐ 2 cups sugar white

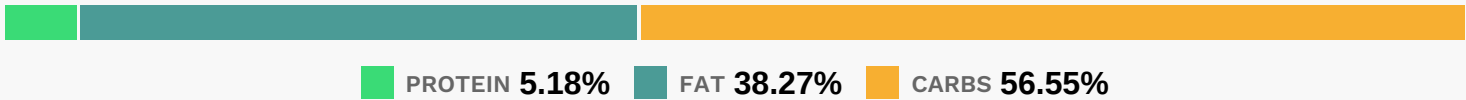
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan. Sift together the flour, baking powder, baking soda and cocoa. Set aside.
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour cream, water and vanilla. Beat in the flour mixture just until incorporated. Stir in chocolate chips.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. When cake is cool, sift confectioners' sugar over the top.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:42.03, Inflammation Score:-6, Nutrition Score:13.419565392577%

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: 567.45kcal (28.37%), Fat: 24.8g (38.16%), Saturated Fat: 13.92g (86.99%), Carbohydrates: 82.47g (27.49%), Net Carbohydrates: 76.92g (27.97%), Sugar: 54.22g (60.24%), Cholesterol: 60.67mg (20.22%), Sodium: 244.33mg (10.62%), Alcohol: 0.28g (100%), Alcohol %: 0.22% (100%), Caffeine: 43.32mg (14.44%), Protein: 7.56g (15.12%), Manganese: 0.86mg (43.12%), Copper: 0.7mg (35.24%), Iron: 4.51mg (25.04%), Magnesium: 99.69mg (24.92%), Selenium: 16.12µg (23.03%), Phosphorus: 222.66mg (22.27%), Fiber: 5.55g (22.18%), Vitamin B1: 0.22mg (14.7%), Vitamin B2: 0.24mg (14.31%), Calcium: 133.82mg (13.38%), Folate: 53.16µg (13.29%), Zinc: 1.7mg (11.3%), Potassium: 357.05mg (10.2%), Vitamin B3: 1.93mg (9.64%), Vitamin A: 350.63IU (7.01%), Vitamin B5: 0.45mg (4.5%), Vitamin E: 0.54mg (3.63%), Vitamin K: 3.57µg (3.4%), Vitamin B12: 0.2µg (3.35%), Vitamin B6: 0.05mg (2.72%), Vitamin D: 0.18µg (1.17%)