



Decadent Double-Chocolate Bundt Cake

READY IN



45 min.

SERVINGS



16

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 6 tablespoons butter softened
- ☐ 1.5 teaspoons canola oil
- ☐ 0.3 cup chocolate-flavored liqueur
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose

- ☐ 13.5 ounces flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 1.5 cups granulated sugar
- ☐ 1.5 cups milk 1% low-fat
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup semisweet chocolate minichips
- ☐ 0.5 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

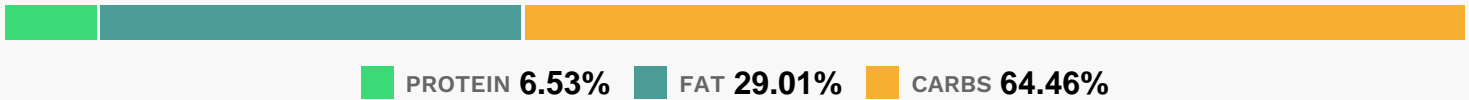
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ pastry brush
- ☐ kugelhkopf pan

Directions

- ☐ To prepare glaze, combine first 4 ingredients in a small saucepan. Bring to a boil over medium-high heat, stirring constantly. Cool completely.
- ☐ Preheat oven to 35
- ☐ To prepare cake, drizzle oil into a 12-cup Bundt pan; coat pan thoroughly with a pastry brush.

- ☐ Sprinkle with 2 tablespoons flour, shaking out excess. Coat prepared pan with cooking spray.
- ☐ Place 1 1/2 cups granulated sugar and 6 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add eggs and egg whites, 1 at a time, beating well after each addition. Beat in vanilla.
- ☐ Lightly spoon 3 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 3 cups flour and next 4 ingredients (through salt), stirring with a whisk.
- ☐ Add flour mixture and milk alternately to sugar mixture, beginning and ending with flour mixture; mix after each addition. Beat 2 minutes. Fold in chips. Spoon batter into prepared pan. Swirl batter using a knife.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Immediately pour glaze over cake. Cool cake in pan on a wire rack 30 minutes. Invert cake onto a serving plate; cool completely.
- ☐ Sprinkle with 2 tablespoons powdered sugar.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:32.7, Inflammation Score:-4, Nutrition Score:7.9317391281543%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 350.17kcal (17.51%), Fat: 11.35g (17.46%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 56.75g (18.92%), Net Carbohydrates: 54.3g (19.74%), Sugar: 34.68g (38.54%), Cholesterol: 40mg (13.33%), Sodium: 205.6mg (8.94%), Alcohol: 0.97g (100%), Alcohol %: 1.08% (100%), Caffeine: 14.66mg (4.89%), Protein: 5.75g (11.49%), Manganese: 0.41mg (20.43%), Selenium: 13.09µg (18.7%), Vitamin B1: 0.22mg (14.4%), Copper: 0.27mg (13.47%), Vitamin B2: 0.22mg (12.94%), Iron: 2.31mg (12.82%), Folate: 50.1µg (12.53%), Phosphorus: 115.17mg (11.52%), Magnesium: 40.39mg (10.1%), Fiber: 2.45g (9.82%), Vitamin B3: 1.65mg (8.24%), Calcium: 61.81mg (6.18%), Zinc: 0.81mg (5.37%), Vitamin A: 256.97IU (5.14%), Potassium: 176.92mg (5.05%), Vitamin B12: 0.22µg (3.73%), Vitamin B5: 0.34mg (3.37%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.37µg (2.46%), Vitamin B6: 0.04mg (2.1%), Vitamin K: 1.65µg (1.57%)