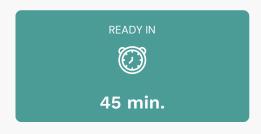


Double Chocolate Layer Cake

Popular







DESSERT

Ingredients

1 cup heavy cream

0.8 teaspoon double-acting baking powde
2 teaspoons baking soda
1.5 cups buttermilk well-shaken
1.5 cups hot-brewed coffee hot brewed
2 tablespoons plus light
3 large eggs
2.5 cups flour all-purpose

	1.3 teaspoons salt	
	1 pound fine-quality semisweet chocolate such as callebaut	
	2 tablespoons sugar	
	0.3 cup butter unsalted	
	1.5 cups cocoa powder unsweetened (not Dutch process)	
	0.8 teaspoon vanilla	
	0.8 cup vegetable oil	
Equipment		
Ш	bowl	
	frying pan	
	sauce pan	
	oven	
	knife	
	whisk	
	blender	
	plastic wrap	
	hand mixer	
	wax paper	
Directions		
	Preheat oven to 300°F. and grease pans. Line bottoms with rounds of wax paper and grease paper.	
	Finely chop chocolate and in a bowl combine with hot coffee.	
	Let mixture stand, stirring occasionally, until chocolate is melted and mixture is smooth.	
	Into a large bowl sift together sugar, flour, cocoa powder, baking soda, baking powder, and salt. In another large bowl with an electric mixer beat eggs until thickened slightly and lemon colored (about 3 minutes with a standing mixer or 5 minutes with a hand-held mixer). Slowly add oil, buttermilk, vanilla, and melted chocolate mixture to eggs, beating until combined well	

	Add sugar mixture and beat on medium speed until just combined well. Divide batterbetween
	pans and bake in middle of oven until a tester inserted in center comes out clean, 1hour to 1
	hour and 10 minutes.
	Cool layers completely in pans on racks. Run a thin knife around edges of pans and invert
	layers onto racks. Carefully remove wax paper and cool layers completely. Cake layers may
	be made 1 day ahead and kept, wrapped well in plastic wrap, at room temperature.
	Finely chop chocolate. In a 11/2- to 2-quart saucepan bring cream, sugar, and corn syrup to a
	boil over moderately low heat, whisking until sugar is dissolved.
	Remove pan from heat and add chocolate, whisking until chocolate is melted.
	Cut butter into pieces and add to frosting, whisking until smooth.
	Transfer frosting to a bowl and cool, stirring occasionally, until spreadable (depending on
	chocolate used, it may be necessary to chill frosting to spreadable consistency).
П	Spread frosting between cake layers and over top and sides. Cake keeps, covered and chilled,
	3 days. Bring cake to room temperature before serving.
	Nutrition Facts

Properties

Glycemic Index:23.92, Glycemic Load:16.83, Inflammation Score:-7, Nutrition Score:17.57130417163%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 21.13mg, Epicatechin: 21.13mg, Epicatechin: 21.13mg, Epicatechin: 21.13mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

PROTEIN 7.59% FAT 53.35% CARBS 39.06%

Nutrients (% of daily need)

Calories: 519.29kcal (25.96%), Fat: 32.13g (49.43%), Saturated Fat: 17.6g (110.02%), Carbohydrates: 52.94g (17.65%), Net Carbohydrates: 45.24g (16.45%), Sugar: 21.07g (23.41%), Cholesterol: 84.65mg (28.22%), Sodium: 515.73mg (22.42%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Caffeine: 69.08mg (23.03%), Protein: 10.29g (20.58%), Manganese: 1.1mg (55.21%), Copper: 0.94mg (46.86%), Magnesium: 132.91mg (33.23%), Fiber: 7.71g (30.82%), Iron: 5.37mg (29.86%), Phosphorus: 274.58mg (27.46%), Selenium: 19.17µg (27.39%), Vitamin B2: 0.34mg (20.23%), Vitamin B1: 0.25mg (16.97%), Zinc: 2.27mg (15.11%), Folate: 60µg (15%), Potassium: 498.38mg (14.24%), Calcium: 112.78mg (11.28%), Vitamin B3: 2.2mg (10.99%), Vitamin A: 545.63IU (10.91%), Vitamin K: 9.2µg (8.76%), Vitamin B5: 0.69mg (6.92%), Vitamin D: 1.03µg (6.86%), Vitamin E: 0.92mg (6.13%), Vitamin B12: 0.36µg (5.95%),

Vitamin B6: 0.08mg (3.82%)