



Double-Chocolate Swirl Pound Cake

READY IN



86 min.

SERVINGS



16

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 ounce bittersweet chocolate chopped
- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon canola oil
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk 2% reduced-fat

- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 0.7 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cup heavy whipping cream light sour
- ☐ 1.8 cups sugar
- ☐ 1 tablespoon cocoa unsweetened
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup pastry flour whole-wheat

Equipment

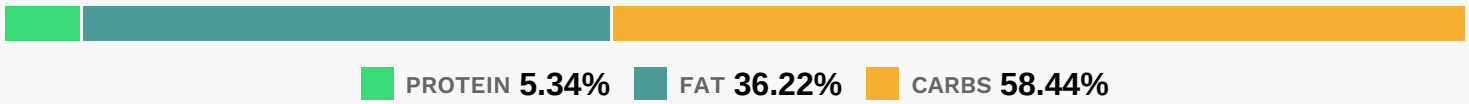
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ microwave
- ☐ measuring cup
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add eggs, beating until incorporated. Stir in 1/2 teaspoon vanilla.
- ☐ Weigh or lightly spoon flours into dry measuring cups; level.
- ☐ Combine flours, powder, soda, and 1/4 teaspoon salt.

- ☐ Combine sour cream and 1/4 cup milk.
- ☐ Add flour mixture and sour cream mixture alternately to butter mixture, beginning and ending with flour mixture.
- ☐ Combine 1 teaspoon canola oil and chopped bittersweet chocolate in a microwave-safe dish. Microwave at HIGH for 1 minute, stirring every 20 seconds until smooth. Stir in 2 tablespoons cocoa.
- ☐ Remove 2 1/2 cups vanilla batter; add to chocolate mixture, and stir.
- ☐ Using 2 ice-cream scoops or 2 large spoons, add batters alternately to a 10-cup Bundt pan coated with baking spray; swirl.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes.
- ☐ Remove from pan; cool on wire rack.
- ☐ Combine powdered sugar, 2 tablespoons milk, 1 tablespoon cocoa, 1/4 teaspoon vanilla, and 1/8 teaspoon salt; stir until smooth.
- ☐ Drizzle glaze over cake.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:23.96, Inflammation Score:-3, Nutrition Score:6.1599999996631%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 305.11kcal (15.26%), Fat: 12.57g (19.34%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 44.14g (16.05%), Sugar: 27.82g (30.91%), Cholesterol: 40.12mg (13.37%), Sodium: 156.42mg (6.8%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.68mg (1.23%), Protein: 4.17g (8.34%), Manganese: 0.4mg (19.95%), Selenium: 11.77µg (16.82%), Vitamin B1: 0.16mg (10.86%), Folate: 36.32µg (9.08%), Vitamin B2: 0.15mg (8.99%), Phosphorus: 82.89mg (8.29%), Vitamin E: 1.15mg (7.69%), Iron: 1.33mg (7.41%), Vitamin B3: 1.26mg (6.3%), Fiber: 1.51g (6.05%), Copper: 0.11mg (5.62%), Magnesium: 21.94mg (5.48%), Calcium: 53.27mg (5.33%), Vitamin A: 219.16IU (4.38%), Vitamin K: 4.28µg (4.08%), Zinc: 0.55mg (3.69%), Potassium: 110.46mg

(3.16%), Vitamin B12: 0.16µg (2.63%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.23mg (2.32%), Vitamin D: 0.15µg (1.02%)