



Double-Layer Chocolate Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 lb butter at room temperature
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cream sour
- ☐ 4 ounces baker's chocolate unsweetened melted (see note)
- ☐ 1 teaspoon vanilla

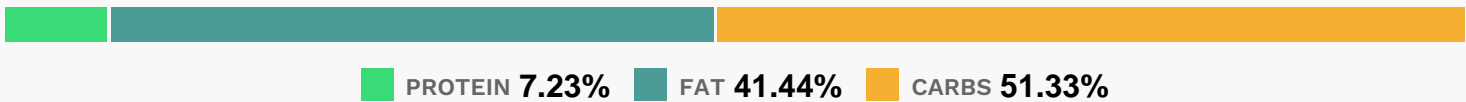
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ skewers

Directions

- ☐ In a bowl, with a mixer on medium speed, beat butter and brown sugar until blended. Beat in eggs.
- ☐ Add melted chocolate and vanilla; beat until combined.
- ☐ In another bowl, stir together flour, cocoa, baking powder, baking soda, and salt. In a small bowl, mix milk and sour cream.
- ☐ Add flour mixture and milk mixture alternately to butter mixture, about a third of each at a time, beating after each addition until incorporated (batter will be very thick). Scrape batter equally into two buttered and floured 9-inch round cake pans and spread level.
- ☐ Bake in a 350 regular or convection oven until a wooden skewer inserted in the center comes out clean, 25 to 30 minutes. Cool on racks in pans for 10 minutes, then invert cakes onto racks and remove pans. Cool completely before frosting.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:8.96, Inflammation Score:-5, Nutrition Score:8.687826057815%

Flavonoids

Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg, Catechin: 7.17mg Epicatechin: 17.97mg, Epicatechin: 17.97mg, Epicatechin: 17.97mg, Epicatechin: 17.97mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 275.52kcal (13.78%), Fat: 13.63g (20.97%), Saturated Fat: 7.95g (49.7%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 34.9g (12.69%), Sugar: 21.36g (23.73%), Cholesterol: 58.3mg (19.43%), Sodium: 207.91mg (9.04%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 14.94mg (4.98%), Protein: 5.35g (10.7%), Manganese: 0.57mg (28.74%), Copper: 0.42mg (21.16%), Iron: 2.87mg (15.92%), Selenium: 10.33µg (14.76%), Magnesium: 52.86mg (13.21%), Phosphorus: 124.99mg (12.5%), Fiber: 3.09g (12.36%), Vitamin B2: 0.18mg (10.51%), Vitamin B1: 0.15mg (10.07%), Folate: 37.34µg (9.34%), Zinc: 1.3mg (8.66%), Calcium: 83.12mg (8.31%), Vitamin A: 319.61IU (6.39%), Potassium: 215.67mg (6.16%), Vitamin B3: 1.17mg (5.83%), Vitamin B5: 0.36mg (3.63%), Vitamin B12: 0.2µg (3.34%), Vitamin B6: 0.05mg (2.6%), Vitamin D: 0.36µg (2.37%), Vitamin E: 0.35mg (2.35%), Vitamin K: 1.57µg (1.49%)