



Favorite Chocolate Cake

READY IN



60 min.

SERVINGS



16

CALORIES



234 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 2 cups cake flour
- 2 eggs
- 0.5 teaspoon salt
- 0.7 cup cup heavy whipping cream sour
- 3 ounce chocolate unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup water

1.5 cups sugar white

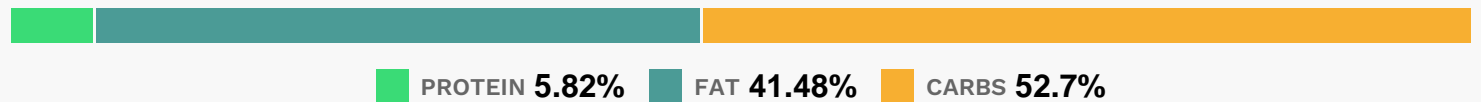
Equipment

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease two 9 inch round cake pans.
- Sift the flour with the baking soda and salt three times.
- Boil the water and add it to the chocolate, and stir until melted.
- Cream together the butter or margarine and the sugar.
- Add the eggs and mix well. Stir in the vanilla.
- Blend in the chocolate mixture to the creamed mixture.
- Add the flour alternately with the sour cream, beating well after each addition.
- Pour batter into two 9 inch round cake pans.
- Bake at 350 degrees F (175 degrees C) for 30 minutes or until cakes tests done.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:20.43, Inflammation Score:-3, Nutrition Score:4.186521695036%

Flavonoids

Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg

Nutrients (% of daily need)

Calories: 233.65kcal (11.68%), Fat: 11.24g (17.29%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 30.86g (11.22%), Sugar: 19.19g (21.32%), Cholesterol: 41.37mg (13.79%), Sodium: 199.63mg (8.68%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.25mg (1.42%), Protein: 3.54g (7.09%), Manganese: 0.35mg (17.47%), Selenium: 8.86µg (12.66%), Copper: 0.21mg (10.44%), Iron: 1.18mg (6.56%), Magnesium: 23.15mg (5.79%), Phosphorus: 56.31mg (5.63%), Vitamin A: 266.99IU (5.34%), Zinc: 0.76mg (5.04%), Fiber: 1.26g (5.03%), Vitamin B2: 0.06mg (3.66%), Folate: 10.02µg (2.5%), Potassium: 81.78mg (2.34%), Vitamin E: 0.34mg (2.28%),

Calcium: 22.66mg (2.27%), Vitamin B5: 0.2mg (2.02%), Vitamin B1: 0.02mg (1.65%), Vitamin B12: 0.08µg (1.35%),
Vitamin B3: 0.25mg (1.23%), Vitamin K: 1.22µg (1.16%), Vitamin B6: 0.02mg (1.04%)