



Fudgy dark chocolate cake

READY IN



30 min.

SERVINGS



10

CALORIES



568 kcal

DESSERT

Ingredients

- ☐ 200 g sugar
- ☐ 200 g butter softened
- ☐ 4 eggs beaten
- ☐ 200 g self raising flour green sifted for 2 tbsp cocoa powder (we used & black's
- ☐ 1 tsp double-acting baking powder
- ☐ 2 tbsp milk
- ☐ 200 ml double cream
- ☐ 50 g butter
- ☐ 3 tbsp clear honey

- ☐ 200 g chocolate dark 70% (use cocoa solids if you can)
- ☐ 10 servings chocolate with shaved or grated chocolate

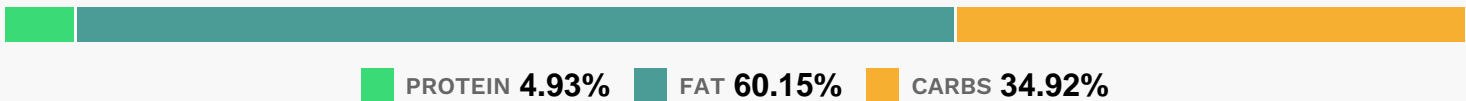
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter two 20cm sandwich tins and line with non-stick baking paper. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter.
- ☐ Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon, then bake for about 20 mins until golden and the cake springs back when pressed. Turn onto a cooling rack and leave to cool completely.
- ☐ For the fudge frosting, heat the cream until it just begins to boil. Take off the heat and add butter, honey and chocolate (broken into pieces).
- ☐ Leave to melt for 5 mins, then stir briefly to combine – don't over-mix or it will lose its shine. Sandwich the cakes with a third of the just-warm frosting and spread the rest over the top and sides. Top with shaved or grated chocolate, if you like.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:28.09, Inflammation Score:-6, Nutrition Score:9.5247826135677%

Nutrients (% of daily need)

Calories: 567.89kcal (28.39%), Fat: 38.57g (59.34%), Saturated Fat: 23.23g (145.2%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 47.65g (17.33%), Sugar: 31.32g (34.8%), Cholesterol: 142.92mg (47.64%), Sodium:

246.09mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.66mg (5.55%), Protein: 7.11g (14.22%), Manganese: 0.56mg (28.2%), Selenium: 15.81µg (22.59%), Copper: 0.41mg (20.7%), Vitamin A: 1028.6IU (20.57%), Iron: 3.01mg (16.71%), Phosphorus: 148.35mg (14.83%), Magnesium: 56.36mg (14.09%), Fiber: 2.73g (10.91%), Vitamin B2: 0.17mg (9.83%), Calcium: 78.27mg (7.83%), Zinc: 1.17mg (7.82%), Vitamin E: 1.15mg (7.68%), Potassium: 223.57mg (6.39%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.3µg (5.06%), Vitamin D: 0.71µg (4.71%), Folate: 16.58µg (4.15%), Vitamin K: 4.04µg (3.85%), Vitamin B6: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.47%), Vitamin B3: 0.46mg (2.32%)