



George Washington Chocolate Cake

READY IN



480 min.

SERVINGS



8

CALORIES



843 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 0.8 cup buttermilk
- ☐ 0.3 cup maraschino cherry juice
- ☐ 4 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose

- ☐ 0.5 cup maraschino cherries drained
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 ounce chocolate unsweetened chopped
- ☐ 0.8 cup water
- ☐ 2 cups sugar white

Equipment

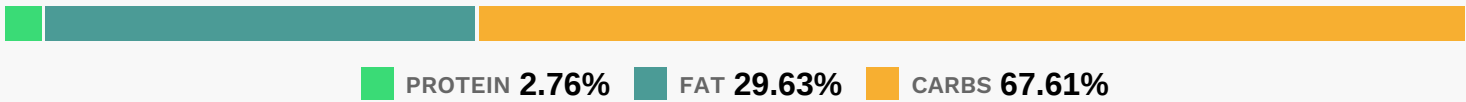
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ double boiler
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 (9 inch) round pans. Sift together the flour, baking powder, baking soda and salt. Set aside. In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth.
- ☐ Remove from heat and allow to cool to lukewarm.
- ☐ In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs one at a time, then beat in melted chocolate. Beat in the flour mixture alternately with the water and buttermilk, mixing just until incorporated. Finely chop cherries and fold in.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. Fill and frost with chocolate cherry frosting.

- ☐
- For the frosting: In the top of a double boiler, heat chocolate, stirring occasionally, until chocolate is melted and smooth.
- ☐
- Remove from heat and allow to cool to lukewarm. In a large bowl, combine butter, confectioners' sugar, melted chocolate and almond extract. Cream with an electric mixer.
- ☐
- Add reserved cherry juice by the tablespoon until frosting reaches desired consistency.

Nutrition Facts



Properties

Glycemic Index:39.76, Glycemic Load:52.57, Inflammation Score:-4, Nutrition Score:9.0404348788054%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 843.23kcal (42.16%), Fat: 28.48g (43.82%), Saturated Fat: 12.47g (77.95%), Carbohydrates: 146.21g (48.74%), Net Carbohydrates: 143.98g (52.36%), Sugar: 119.42g (132.69%), Cholesterol: 73.9mg (24.63%), Sodium: 590.25mg (25.66%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 5.97g (11.94%), Selenium: 15.94µg (22.78%), Manganese: 0.37mg (18.66%), Vitamin B1: 0.27mg (17.92%), Folate: 64.9µg (16.23%), Vitamin B2: 0.27mg (16.04%), Iron: 2.47mg (13.75%), Copper: 0.22mg (11%), Phosphorus: 98.46mg (9.85%), Vitamin B3: 1.93mg (9.64%), Vitamin A: 462.16IU (9.24%), Fiber: 2.22g (8.88%), Vitamin E: 1.29mg (8.61%), Vitamin K: 8.72µg (8.3%), Calcium: 73.79mg (7.38%), Magnesium: 23.61mg (5.9%), Zinc: 0.88mg (5.86%), Vitamin B5: 0.51mg (5.13%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.51µg (3.42%), Potassium: 119.48mg (3.41%), Vitamin B6: 0.04mg (2.17%)