



## Mafioso Chocolate Cake

READY IN



80 min.

SERVINGS



15

CALORIES



335 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter softened
- ☐ 2 cups cake flour sifted
- ☐ 2.7 cups confectioners' sugar
- ☐ 0.8 cup dutch process cocoa powder
- ☐ 3 egg whites
- ☐ 0.5 cup milk
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

- ☐ 0.8 cup water boiling
- ☐ 2 cups sugar white

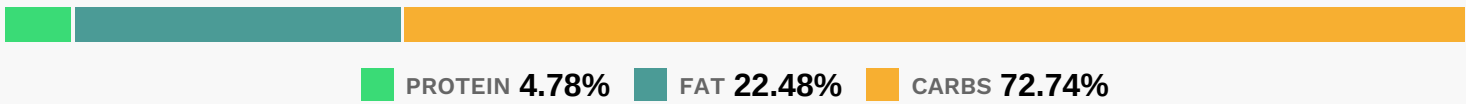
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ In a small bowl, mix together 1/2 cup cocoa and 3/4 cup boiling water; set aside.
- ☐ In another small bowl, dissolve baking soda in the sour cream by stirring them together.
- ☐ In a large bowl, cream the 1/2 cup butter and 2 cups sugar. Gradually mix in the sour cream mixture and cocoa mixture alternately with the dry ingredients. Beat until fluffy. Beat the egg whites until stiff and fold in the egg whites and 1 1/2 teaspoons of vanilla.
- ☐ Grease a 9 x 13 inch pan and pour the batter into it.
- ☐ Bake at 300 degrees F (150 degrees C) for 50 minutes. Frost with La Famiglia Chocolate Frosting (below).
- ☐ To Make La Famiglia Chocolate Frosting: Cream 6 tablespoons butter or margarine in a small bowl.
- ☐ Add 3/4 cup cocoa and confectioner's sugar alternately with milk; beat until spreading consistency. More or less milk can be used depending on the texture you want. Blend in the vanilla. This yields about 2 cups of frosting.

## Nutrition Facts



## Properties

Glycemic Index:15.01, Glycemic Load:26.59, Inflammation Score:-3, Nutrition Score:4.3352173378934%

## Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg,

Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 334.9kcal (16.75%), Fat: 8.74g (13.44%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 63.6g (21.2%), Net Carbohydrates: 61.61g (22.4%), Sugar: 48.6g (54%), Cholesterol: 22.06mg (7.35%), Sodium: 92.84mg (4.04%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 9.89mg (3.3%), Protein: 4.18g (8.36%), Manganese: 0.3mg (15.11%), Selenium: 9.5µg (13.57%), Copper: 0.2mg (10.15%), Fiber: 1.99g (7.96%), Magnesium: 29.06mg (7.26%), Phosphorus: 69.86mg (6.99%), Vitamin B2: 0.09mg (5.59%), Vitamin A: 248.98IU (4.98%), Iron: 0.79mg (4.39%), Calcium: 36.12mg (3.61%), Potassium: 125.87mg (3.6%), Zinc: 0.53mg (3.54%), Folate: 8.2µg (2.05%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.26mg (1.75%), Vitamin B1: 0.02mg (1.66%), Vitamin B12: 0.09µg (1.52%), Vitamin B3: 0.29mg (1.46%), Vitamin B6: 0.02mg (1.15%)