



## Malted-Milk Chocolate Cake

READY IN



45 min.

SERVINGS



18

CALORIES



326 kcal

DESSERT

### Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 8 ounce cream cheese chilled
- ☐ 3 large eggs
- ☐ 0.7 cup skim milk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup liquid malt extract coarsely chopped
- ☐ 0.5 cup powdered milk
- ☐ 1.3 pounds powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons stick margarine softened
- ☐ 3 ounces baker's chocolate unsweetened melted
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup shortening
- ☐ 3 tablespoons water hot

## Equipment

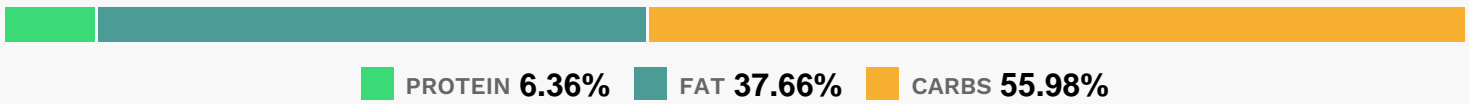
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 350
- ☐ Coat bottoms of 2 (9-inch) round cake pans with cooking spray (do not coat sides of pan); line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.
- ☐ Combine butter, vanilla, and cream cheese in a large bowl; beat at medium-high speed of a mixer 2 minutes. Gradually add sugar, beating at low speed just until smooth.
- ☐ Add hot water; beat just until smooth.
- ☐ Add chocolate; beat just until smooth. Reserve 1 3/4 cups chocolate mixture for frosting; cover and chill 2 hours.
- ☐ Add shortening to remaining chocolate mixture in bowl. Beat at medium speed of a mixer until well-blended (about 1 minute).
- ☐ Add eggs, 1 at a time, beating well after each addition.

- ☐ Lightly spoon 1 3/4 cups flour into dry measuring cups, level with a knife.
- ☐ Combine 1 3/4 cups flour, milk powder, baking powder, and salt, stirring well with a whisk.
- ☐ Add the flour mixture to the egg mixture alternately with milk, beginning and ending with the flour mixture.
- ☐ Pour batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans.
- ☐ Remove wax paper. Cool completely on wire rack.
- ☐ Place 1 cake layer on a plate; spread with 1/2 cup frosting, and top with remaining cake layer.
- ☐ Spread remaining frosting over top and sides of cake; sprinkle top of cake with chopped malted-milk balls. Chill 1 hour. Store cake loosely covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:19.29, Glycemic Load:8.03, Inflammation Score:-4, Nutrition Score:6.8082609060018%

## Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

## Nutrients (% of daily need)

Calories: 325.55kcal (16.28%), Fat: 14.02g (21.57%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 45.75g (16.64%), Sugar: 34.37g (38.19%), Cholesterol: 48mg (16%), Sodium: 218.99mg (9.52%), Alcohol: 0.15g (100%), Alcohol %: 0.21% (100%), Caffeine: 3.78mg (1.26%), Protein: 5.32g (10.65%), Manganese: 0.3mg (14.8%), Selenium: 9.62µg (13.74%), Vitamin B2: 0.22mg (12.75%), Phosphorus: 120.62mg (12.06%), Calcium: 108.5mg (10.85%), Copper: 0.19mg (9.49%), Iron: 1.68mg (9.34%), Vitamin B1: 0.14mg (9.31%), Folate: 31.95µg (7.99%), Magnesium: 26.89mg (6.72%), Vitamin A: 329.89IU (6.6%), Zinc: 0.9mg (6%), Vitamin B3: 0.98mg (4.91%), Vitamin B12: 0.29µg (4.84%), Potassium: 162.89mg (4.65%), Fiber: 1.13g (4.51%), Vitamin D: 0.64µg (4.27%), Vitamin B5: 0.42mg (4.17%), Vitamin E: 0.53mg (3.57%), Vitamin K: 3.01µg (2.87%), Vitamin B6: 0.05mg (2.69%)