



WHATSheATE



Mile-High Chocolate Cake

READY IN



300 min.

SERVINGS



12

CALORIES



896 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2.8 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 4 ounces fine-quality chocolate unsweetened finely chopped
- ☐ 4 large eggs at room temperature
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 teaspoon salt

- ☐ 2 cups cup heavy whipping cream sour
- ☐ 1 cup sugar
- ☐ 1.5 pound butter unsalted at room temperature
- ☐ 6 tablespoons cocoa powder unsweetened (not Dutch-process)
- ☐ 1 tablespoon vanilla extract pure
- ☐ 1.5 cups milk whole

Equipment

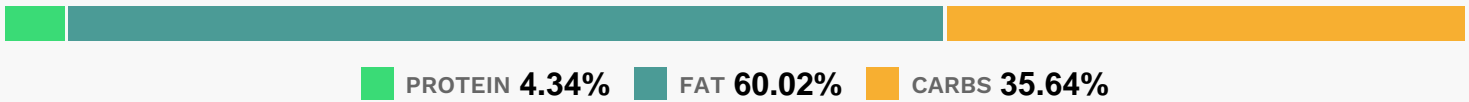
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter cake pans, then line bottom of each with a round of parchment paper and butter parchment. Flour pans, knocking out excess.
- ☐ Melt chocolate with butter, then cool.
- ☐ Sift together flour, cocoa powder, baking soda, baking powder, and salt.
- ☐ Beat eggs, sugars, and vanilla in a large bowl with an electric mixer at medium speed until pale and thick, 3 to 5 minutes. At low speed, mix in melted chocolate until incorporated, then add flour mixture in 3 batches alternately with sour cream, beginning and ending with flour mixture and mixing until each addition is just incorporated.
- ☐ Spread batter evenly in pans and rap pans several times on counter to eliminate air bubbles.
- ☐ Bake until cakes pull away from sides of pans and a wooden pick inserted in center of each comes out clean, 40 to 50 minutes.

- ☐ Cool in pans on a rack 10 minutes, then run a knife around edges of pans. Invert onto racks and discard parchment, then cool completely, about 1 hour.
- ☐ Whisk together sugar, flour, cocoa powder, and a pinch of salt in a small heavy saucepan over medium heat, then add milk and cook, whisking constantly, until mixture boils and is smooth and thick, 3 to 5 minutes.
- ☐ Remove from heat and whisk in chocolate and vanilla until smooth.
- ☐ Transfer to a bowl to cool to room temperature, covering surface with parchment paper to prevent a skin from forming.
- ☐ Beat butter with an electric mixer until creamy, then add cooled chocolate mixture a little at a time, beating until frosting is fluffy and spreadable.
- ☐ Cut each cake horizontally into 2 layers with a long serrated knife. Put 1 layer on a cake stand or large plate and spread top with 1 1/4 cups frosting. Repeat with 2 more layers, then add remaining layer and spread top and side of cake with remaining frosting.
- ☐ ·Cake layers can be made 2 days ahead (but not split horizontally) and kept, wrapped tightly, at room temperature.·Frosting can be made 2 days ahead and chilled, covered. Bring to room temperature (about 1 hour) and beat until fluffy before using.·Cake can be frosted 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:34.35, Glycemic Load:39.43, Inflammation Score:-8, Nutrition Score:13.704347855371%

Flavonoids

Catechin: 7.7mg, Catechin: 7.7mg, Catechin: 7.7mg, Catechin: 7.7mg Epicatechin: 18.31mg, Epicatechin: 18.31mg, Epicatechin: 18.31mg, Epicatechin: 18.31mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 895.97kcal (44.8%), Fat: 61.89g (95.22%), Saturated Fat: 37.42g (233.88%), Carbohydrates: 82.67g (27.56%), Net Carbohydrates: 79.39g (28.87%), Sugar: 54.29g (60.32%), Cholesterol: 210.18mg (70.06%), Sodium: 377.01mg (16.39%), Alcohol: 0.37g (100%), Alcohol %: 0.2% (100%), Caffeine: 13.31mg (4.44%), Protein: 10.07g (20.14%), Manganese: 0.77mg (38.52%), Vitamin A: 1795.71IU (35.91%), Selenium: 21.87µg (31.24%), Copper: 0.5mg (24.9%), Phosphorus: 202.63mg (20.26%), Iron: 2.94mg (16.33%), Magnesium: 63.86mg (15.97%), Vitamin B2: 0.26mg (15.32%), Calcium: 152.09mg (15.21%), Fiber: 3.28g (13.13%), Zinc: 1.88mg (12.52%), Vitamin E: 1.81mg

(12.06%), Vitamin D: 1.52µg (10.13%), Potassium: 306.11mg (8.75%), Vitamin B12: 0.49µg (8.17%), Folate: 31.78µg (7.94%), Vitamin B5: 0.75mg (7.49%), Vitamin B1: 0.1mg (6.84%), Vitamin K: 5.76µg (5.49%), Vitamin B6: 0.09mg (4.5%), Vitamin B3: 0.82mg (4.1%)