



Moist Chocolate After Eight Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



518 kcal

DESSERT

Ingredients

- ☐ 1.5 tsp bicarbonate of soda
- ☐ 115 g butter melted
- ☐ 70 g cocoa powder
- ☐ 2 large eggs
- ☐ 250 juice of lemon with milk to 250ml and left for at least 5 minutes)
- ☐ 225 g flour plain
- ☐ 0.5 tsp salt
- ☐ 200 ml strong coffee decoction hot

- ☐ 400 g caster sugar
- ☐ 1 tbsp vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ stand mixer
- ☐ spatula
- ☐ skewers

Directions

- ☐ Preheat oven to 180c/160c fan/350/gas mark
- ☐ Grease two 18cm cake tins and line the bottom of each with greaseproof paper.
- ☐ In a large bowl or the bowl of your stand mixer, add the flour, cocoa, sugar, bicarbonate of soda and salt. Give it a good stir with a metal spoon until it is well combined.
- ☐ Whisk together the eggs, buttermilk, melted butter and vanilla and pour into the dry ingredients.
- ☐ Whisk until velvety smooth with either a stand mixer or an electric hand mixer. Next pour in the hot coffee and mix in with a spatula, until you have a runny mixture. (don't panic, it will work)
- ☐ Pour the batter into the cake pans and bake in the middle of the oven for 35 minutes. A skewer should come out clean.
- ☐ Allow the cakes to cool in the pans for a while, before tipping carefully onto a wire rack to continue cooling.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:40.35, Inflammation Score:-9, Nutrition Score:19.143478243247%

Flavonoids

Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg Eriodictyol: 36.6mg, Eriodictyol: 36.6mg, Eriodictyol: 36.6mg, Eriodictyol: 36.6mg Hesperetin: 108.53mg, Hesperetin: 108.53mg, Hesperetin: 108.53mg, Hesperetin: 108.53mg Naringenin: 10.35mg, Naringenin: 10.35mg, Naringenin: 10.35mg, Naringenin: 10.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 517.56kcal (25.88%), Fat: 13.39g (20.6%), Saturated Fat: 7.12g (44.53%), Carbohydrates: 113.06g (37.69%), Net Carbohydrates: 107.61g (39.13%), Sugar: 59.21g (65.79%), Cholesterol: 61.92mg (20.64%), Sodium: 403.54mg (17.55%), Alcohol: 0.45g (100%), Alcohol %: 0.07% (100%), Caffeine: 24.11mg (8.04%), Protein: 7.7g (15.41%), Vitamin C: 290.25mg (351.82%), Folate: 198.86µg (49.72%), Potassium: 932.1mg (26.63%), Manganese: 0.52mg (26.22%), Vitamin B1: 0.37mg (24.64%), Fiber: 5.45g (21.79%), Magnesium: 87.07mg (21.77%), Copper: 0.43mg (21.46%), Vitamin B6: 0.38mg (19.05%), Vitamin B2: 0.31mg (18.48%), Selenium: 12.81µg (18.29%), Phosphorus: 158.92mg (15.89%), Iron: 2.82mg (15.66%), Vitamin B5: 1.32mg (13.16%), Vitamin B3: 2.22mg (11.1%), Vitamin E: 1.52mg (10.13%), Vitamin A: 386.39IU (7.73%), Zinc: 1.16mg (7.72%), Calcium: 66.71mg (6.67%), Vitamin B12: 0.11µg (1.81%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.1µg (1.05%)