



Moist Chocolate Cake

READY IN



75 min.

SERVINGS



8

CALORIES



437 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter
- 1 cup cocoa powder
- 1 cup hot-brewed coffee hot brewed
- 1.5 cups confectioners' sugar
- 2 eggs
- 1.8 cups flour all-purpose
- 0.5 cup milk hot

- 0.3 teaspoon salt
- 1.3 teaspoons vanilla extract
- 1 cup sugar white

Equipment

- bowl
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 or two 9 inch round pans. Sift together the flour, baking powder, baking soda and salt. Set aside. In a small bowl, combine hot coffee with 1 cup cocoa and let cool to lukewarm.
- In a large bowl, cream together the 1/2 cup butter and 1 cup sugar until light and fluffy.
- Add the eggs one at a time, beating well with each addition, then stir in the 1 teaspoon vanilla.
- Add the flour mixture alternately with the coffee and cocoa mixture; beat well.
- Pour batter into a 9x13 inch cake or two 9 inch round pans.
- Bake in the preheated oven for 45 minutes or until a toothpick inserted into the cake comes out clean. Allow to cool.
- To make the frosting: In a medium bowl, combine confectioners sugar, 1 cup cocoa, 1/2 cup butter and 1 1/4 teaspoons vanilla.
- Mix until smooth.
- Add hot milk a teaspoon at a time to make a smooth, spreadable consistency.
- Spread onto cooled cake.

Nutrition Facts

  
 PROTEIN **6.03%**  FAT **28.72%**  CARBS **65.25%**

Properties

Glycemic Index:34.39, Glycemic Load:32.95, Inflammation Score:-7, Nutrition Score:10.918260873579%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 21.13mg, Epicatechin: 21.13mg, Epicatechin: 21.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 437.07kcal (21.85%), Fat: 14.78g (22.74%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 75.58g (25.19%), Net Carbohydrates: 70.87g (25.77%), Sugar: 48.07g (53.41%), Cholesterol: 42.75mg (14.25%), Sodium: 421.83mg (18.34%), Alcohol: 0.22g (100%), Alcohol %: 0.17% (100%), Caffeine: 36.58mg (12.19%), Protein: 6.98g (13.96%), Manganese: 0.61mg (30.65%), Copper: 0.46mg (22.97%), Selenium: 14.76µg (21.09%), Fiber: 4.72g (18.87%), Iron: 3.04mg (16.89%), Vitamin B1: 0.24mg (16.11%), Magnesium: 64.33mg (16.08%), Phosphorus: 160.76mg (16.08%), Vitamin B2: 0.27mg (15.86%), Folate: 59.38µg (14.85%), Vitamin A: 591.59IU (11.83%), Vitamin B3: 1.94mg (9.68%), Calcium: 77.6mg (7.76%), Zinc: 1.14mg (7.6%), Potassium: 253.18mg (7.23%), Vitamin B5: 0.46mg (4.6%), Vitamin E: 0.59mg (3.95%), Vitamin B12: 0.19µg (3.24%), Vitamin B6: 0.05mg (2.72%), Vitamin D: 0.39µg (2.59%)