



Mrs. Stein's Chocolate Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 12 servings powdered sugar for garnish, optional
- ☐ 1 cup dutch-processed cocoa powder
- ☐ 3 large eggs beaten at room temperature
- ☐ 12 servings butter unsalted softened for the pan
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1.8 cups caster sugar

- ☐ 2.3 cups flour all-purpose
- ☐ 10 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 0.5 ounce baker's chocolate unsweetened finely chopped ()
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ ramekin
- ☐ stand mixer
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Position a rack in the center of the oven and preheat to 350°F. Butter and flour the inside of a 8 to 10-cup fluted tube pan and tap out the excess flour.
- ☐ Combine the milk and lemon juice in a glass measuring cup.
- ☐ Let stand in a warm place (near the preheating oven) while preparing the rest of the batter; the milk will curdle. Sift the flour, cocoa, baking soda, and salt together into a medium bowl.
- ☐ Bring 1/2 inch of water to a simmer in a small saucepan, and turn off the heat.
- ☐ Place the chocolate in a custard cup or ramekin and set in the hot water.
- ☐ Let stand until the chocolate is melted, then remove from the water, being careful not to splash any water into the chocolate, and stir until smooth.
- ☐ Let stand until tepid.

- ☐ Beat the butter in the bowl of a heavy-duty stand mixer fitted with the paddle attachment on medium-high speed until smooth, about 1 minute. Gradually beat in the sugar, then add the vanilla. Beat until the mixture is very light in color and texture, scraping occasionally, about 4 minutes. Gradually beat in the eggs. Reduce the mixer speed to low. Beat in the cooled chocolate. In thirds, alternating with two equal additions of the milk mixture, add the flour mixture, scraping down the bowl and beating until smooth after each addition. Spoon the batter into the pan and smooth the top with a spatula.
- ☐ Bake until the top of the cake springs back when gently pressed with your finger, and a cake tester inserted into the center of the cake comes out clean, about 1 hour. Cool on a wire rack for 10 minutes. Invert and unmold the cake onto the rack and cool completely. Sift a light coating of confectioners' sugar on top, if using. (The cake can be stored at room temperature, wrapped in plastic wrap, for up to 2 days.)
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Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:34.32, Inflammation Score:-6, Nutrition Score:9.7417391149894%

Flavonoids

Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg, Catechin: 5.41mg Epicatechin: 15.75mg, Epicatechin: 15.75mg, Epicatechin: 15.75mg, Epicatechin: 15.75mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 411.05kcal (20.55%), Fat: 17.62g (27.1%), Saturated Fat: 10.52g (65.74%), Carbohydrates: 61.74g (20.58%), Net Carbohydrates: 58.23g (21.17%), Sugar: 38.73g (43.03%), Cholesterol: 85.99mg (28.66%), Sodium: 267.64mg (11.64%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 17.43mg (5.81%), Protein: 6.79g (13.58%), Manganese: 0.5mg (24.9%), Selenium: 14.17µg (20.24%), Copper: 0.36mg (17.99%), Vitamin B1: 0.22mg (14.76%), Vitamin B2: 0.25mg (14.76%), Phosphorus: 143.25mg (14.33%), Iron: 2.57mg (14.3%), Fiber: 3.51g (14.03%), Folate: 53.73µg (13.43%), Magnesium: 50.58mg (12.65%), Vitamin A: 533.48IU (10.67%), Vitamin B3: 1.66mg (8.29%), Zinc: 1.08mg (7.19%), Calcium: 63.07mg (6.31%), Potassium: 214.29mg (6.12%), Vitamin D: 0.84µg (5.57%), Vitamin B12:

0.3µg (5.07%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.56mg (3.74%), Vitamin B6: 0.06mg (3.02%), Vitamin K:
1.66µg (1.58%)