



One Bowl Chocolate Cake

READY IN



140 min.

SERVINGS



10

CALORIES



709 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 1 cup buttermilk
- 3 cups confectioners' sugar
- 3 large eggs
- 2 cups flour all-purpose
- 2 cups granulated sugar
- 1 teaspoon kosher salt
- 4 ounces bittersweet chocolate chopped

- 0.7 cup cup heavy whipping cream sour
- 1 stick butter unsalted
- 1 stick butter unsalted cooled melted
- 0.3 cup cocoa powder unsweetened
- 1 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 2 teaspoons vanilla extract pure
- 0.5 cup warm water

Equipment

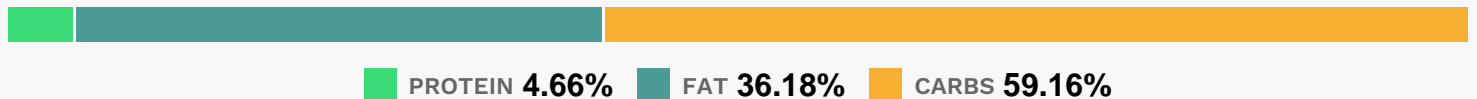
- bowl
- sauce pan
- oven
- whisk
- wire rack
- blender
- hand mixer
- toothpicks

Directions

- Watch how to make this recipe.
- For the cake: Preheat the oven to 350 degrees F. Adjust the rack to the center of the oven. Spray two 9-inch round cake pans well with nonstick spray.
- Add the flour, granulated sugar, cocoa powder, baking powder, baking soda and salt to the bowl of a standing mixer fitted with the whisk attachment. Turn on the mixer and allow the dry ingredients to blend for a full minute. Turn the mixer up and, while the mixer is running, add the eggs, one at a time, the buttermilk, warm water, melted butter and vanilla extract. Beat until combined, about 2 minutes. The batter will be thick.
- Evenly divide the batter between the prepared pans. Tap the bottom of the cake pans on the counter to release any air bubbles.

- Bake until a toothpick inserted into the center of the cake comes out clean, about 30minutes. Cool in the pans for 10 minutes, and then turn out onto a wire rack to cool completely before frosting.
- Add the butter to a medium saucepan over medium heat.
- Add the chopped chocolate and stir to melt.
- Remove from the heat. Stir in the cocoa powder and vanilla extract. Using an electric hand mixer, beat in the confectioners' sugar. Slowly beat in the sour cream.
- Let cool for 20 minutes.
- Frost the cake by first spreading the frosting between the layers. Then top with cake, and continue frosting the top and the sides.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:42.22, Inflammation Score:-7, Nutrition Score:13.663478195019%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 708.81kcal (35.44%), Fat: 29.72g (45.72%), Saturated Fat: 17.49g (109.3%), Carbohydrates: 109.36g (36.45%), Net Carbohydrates: 103.8g (37.74%), Sugar: 81.51g (90.57%), Cholesterol: 116.76mg (38.92%), Sodium: 563.91mg (24.52%), Alcohol: 0.55g (100%), Alcohol %: 0.32% (100%), Caffeine: 34.48mg (11.49%), Protein: 8.61g (17.22%), Manganese: 0.75mg (37.42%), Copper: 0.62mg (30.84%), Selenium: 17.71µg (25.3%), Fiber: 5.56g (22.24%), Magnesium: 85.74mg (21.43%), Phosphorus: 213.62mg (21.36%), Iron: 3.76mg (20.87%), Vitamin B2: 0.31mg (18.48%), Vitamin A: 786.57IU (15.73%), Vitamin B1: 0.23mg (15.33%), Folate: 59.04µg (14.76%), Calcium: 112.27mg (11.23%), Zinc: 1.57mg (10.5%), Potassium: 336.17mg (9.6%), Vitamin B3: 1.87mg (9.34%), Vitamin D: 0.95µg (6.34%), Vitamin B5: 0.57mg (5.69%), Vitamin E: 0.85mg (5.66%), Vitamin B12: 0.33µg (5.58%), Vitamin B6: 0.07mg (3.45%), Vitamin K: 3.09µg (2.94%)