



Orange Cappuccino Cake

READY IN



120 min.

SERVINGS



16

CALORIES



620 kcal

DESSERT

Ingredients

- ☐ 2 oz baker's chocolate sweet
- ☐ 0.5 cup water
- ☐ 0.3 cup coffee instant
- ☐ 1 tablespoon orange zest grated
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter softened
- ☐ 2 cups granulated sugar

- ☐ 4 eggs separated
- ☐ 1 teaspoon vanilla
- ☐ 1 cup buttermilk
- ☐ 2 oz baker's chocolate sweet
- ☐ 0.5 cup butter
- ☐ 2 tablespoons coffee instant
- ☐ 8 cups powdered sugar
- ☐ 0.3 cup milk
- ☐ 0.3 cup orange juice

Equipment

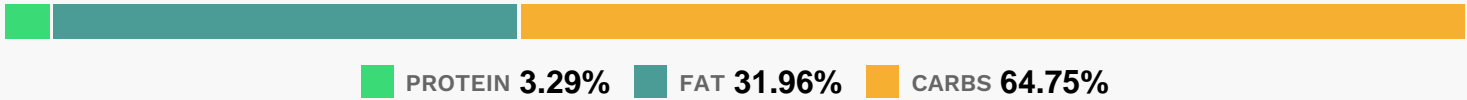
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Grease and flour 13x9-inch pan. In small saucepan, heat 2 ounces chocolate and the water over low heat, stirring frequently, until chocolate is melted. Stir in 1/4 cup coffee mix (dry) and orange peel; cool slightly. In medium bowl, mix flour, baking soda and salt; set aside.
- ☐ In large bowl, beat 1 cup butter and the granulated sugar with electric mixer on medium speed until fluffy. Beat in egg yolks, 1 at a time, beating well after each addition. Beat in chocolate mixture and vanilla. Beat in flour mixture alternately with buttermilk, beating until smooth after each addition.
- ☐ In medium bowl, beat egg whites with electric mixer on high speed until stiff peaks form. Fold into batter.
- ☐ Pour into pan.
- ☐ Bake 42 to 45 minutes or until top springs back when touched lightly. Cool completely, about 1 hour.

- ☐ In medium saucepan, heat 2 ounces chocolate and 1/2 cup butter over low heat, stirring frequently, until melted and smooth. Stir in 2 tablespoons coffee mix (dry). In large bowl, beat powdered sugar, milk, orange juice and melted chocolate mixture on medium speed until light and fluffy.
- ☐ Spread frosting evenly over cake.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:26.58, Inflammation Score:-6, Nutrition Score:8.5634781018547%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 620.45kcal (31.02%), Fat: 22.77g (35.03%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 103.79g (34.6%), Net Carbohydrates: 102.14g (37.14%), Sugar: 85.05g (94.5%), Cholesterol: 43.03mg (14.34%), Sodium: 343.74mg (14.95%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Caffeine: 141.37mg (47.12%), Protein: 5.27g (10.55%), Manganese: 0.48mg (24.22%), Vitamin A: 860.88IU (17.22%), Selenium: 10.94µg (15.63%), Copper: 0.28mg (13.94%), Iron: 2.41mg (13.36%), Vitamin B2: 0.19mg (11.45%), Vitamin B3: 2.29mg (11.44%), Magnesium: 45.27mg (11.32%), Phosphorus: 102.35mg (10.23%), Vitamin B1: 0.15mg (10.21%), Folate: 37.99µg (9.5%), Potassium: 289.24mg (8.26%), Zinc: 1.03mg (6.89%), Fiber: 1.65g (6.58%), Vitamin E: 0.83mg (5.52%), Calcium: 52.23mg (5.22%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.46µg (3.05%), Vitamin C: 2.49mg (3.02%), Vitamin B6: 0.04mg (2.03%)