



Orange Chocolate Cake

READY IN



45 min.

SERVINGS



12

CALORIES



247 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 12 tablespoons butter
- 4 eggs
- 1.5 cups flour all-purpose
- 200 g yogurt plain sour
- 0.3 cup orange juice
- 1 tbsp orange zest
- 0.5 teaspoon salt

- 30 g bittersweet chocolate
- 125 g sugar
- 1 tsp vanilla extract

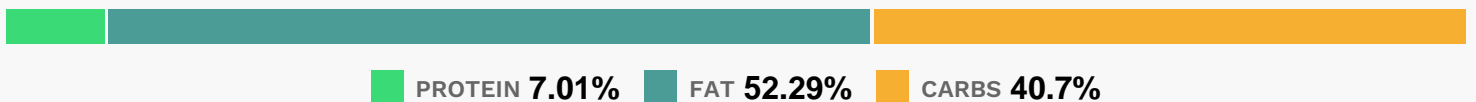
Equipment

- frying pan
- oven
- skewers
- kugelhkopf pan

Directions

- Preheat oven at 175C, Grease a 9" bundt pan, and dust flour or spray non-stick spray in pan. Beat butter for a while and add in sugar, continue to beat butter until creamy.
- Add eggs one at a time and mix well.
- Add orange rind, orange juice and vanilla extract, beat at low speed till well combined. Split ingredient (B) into 4 portions and sour cream into 3 portions.
- Pour in one portion of flour and sour cream alternately, beat well after each addition. Take half of the mixture and gently mix with melted chocolate (do not over mix). Scoop plain and chocolate batter alternately into pan, till all the batters are used up and gently shake the pan a little.
- Bake for 50-60 minutes or skewer comes out clean.
- Remove cake from oven and set to cool for 20 minutes then unmould, leave to cool completely.

Nutrition Facts



Properties

Glycemic Index:29.84, Glycemic Load:16.41, Inflammation Score:-4, Nutrition Score:5.3152173913043%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 86.93%, Saltiness: 33.46%, Sourness: 50.55%, Bitterness: 12.38%, Savoriness: 22.97%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 246.97kcal (12.35%), Fat: 14.45g (22.22%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 24.61g (8.95%), Sugar: 12.67g (14.08%), Cholesterol: 86.98mg (28.99%), Sodium: 297.11mg (12.92%), Protein: 4.36g (8.71%), Selenium: 10.59µg (15.13%), Vitamin B2: 0.18mg (10.48%), Folate: 38.77µg (9.69%), Vitamin B1: 0.14mg (9.34%), Vitamin A: 459.24IU (9.18%), Phosphorus: 79.92mg (7.99%), Manganese: 0.15mg (7.33%), Iron: 1.21mg (6.71%), Calcium: 56.8mg (5.68%), Vitamin B3: 1mg (5%), Vitamin C: 3.35mg (4.06%), Vitamin B5: 0.39mg (3.93%), Vitamin B12: 0.22µg (3.68%), Copper: 0.07mg (3.48%), Vitamin E: 0.52mg (3.44%), Zinc: 0.48mg (3.21%), Magnesium: 12.69mg (3.17%), Fiber: 0.69g (2.74%), Potassium: 92.53mg (2.64%), Vitamin D: 0.31µg (2.07%), Vitamin B6: 0.04mg (2.07%), Vitamin K: 1.29µg (1.23%)