



Peppermint-Hot Chocolate Cake

READY IN



145 min.

SERVINGS



12

CALORIES



429 kcal

DESSERT

Ingredients

- 4 oz chocolate chopped
- 1 teaspoon baking soda
- 1 cup butter softened
- 1 cup buttermilk
- 4 large eggs separated
- 2 cups flour all-purpose
- 1 teaspoon salt
- 2 cups sugar
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 0.5 cup water boiling

Equipment

- bowl
- oven
- stand mixer

Directions

- Preheat oven to 35
- Grease and flour 3 (8-inch) round cake pans.
- Pour boiling water over chocolate in a heatproof bowl. Stir until chocolate is melted and smooth. Cool to room temperature (about 30 minutes).
- Beat butter at medium speed with a heavy-duty electric stand mixer until creamy; gradually add sugar, beating until light and fluffy.
- Add egg yolks, 1 at a time, beating until blended after each addition.
- Add melted chocolate and vanilla, beating until blended.
- Combine flour and next 3 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- Beat egg whites at medium speed until soft peaks form; gently fold into batter.
- Pour batter into prepared pans.
- Bake at 350 for 20 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely (about 40 minutes).
- Meanwhile, prepare Fudge Filling; spread between cake layers.
- Spread frosting on top and sides of cake.

Nutrition Facts



PROTEIN 5.21% FAT 43.38% CARBS 51.41%

Properties

Glycemic Index:22.39, Glycemic Load:37.29, Inflammation Score:-5, Nutrition Score:7.3721739312877%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 428.99kcal (21.45%), Fat: 21.38g (32.89%), Saturated Fat: 12.7g (79.37%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 55.25g (20.09%), Sugar: 39.31g (43.68%), Cholesterol: 104.87mg (34.96%), Sodium: 454.45mg (19.76%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 10.36mg (3.45%), Protein: 5.77g (11.55%), Selenium: 13.83µg (19.76%), Vitamin B2: 0.25mg (14.92%), Manganese: 0.27mg (13.28%), Vitamin B1: 0.18mg (12.26%), Folate: 48.38µg (12.1%), Vitamin A: 595.73IU (11.91%), Phosphorus: 104.1mg (10.41%), Iron: 1.8mg (9.98%), Copper: 0.17mg (8.67%), Magnesium: 28.72mg (7.18%), Fiber: 1.75g (6.98%), Vitamin B3: 1.37mg (6.86%), Zinc: 0.72mg (4.82%), Vitamin B5: 0.45mg (4.55%), Vitamin B12: 0.27µg (4.54%), Calcium: 45.35mg (4.53%), Vitamin E: 0.67mg (4.44%), Vitamin D: 0.59µg (3.96%), Potassium: 132.67mg (3.79%), Vitamin B6: 0.05mg (2.58%), Vitamin K: 2.14µg (2.04%)