



WHATSheATE



Rum Mocha Chocolate Cake

READY IN



55 min.

SERVINGS



6

CALORIES



595 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter softened
- ☐ 1.8 cups cake flour
- ☐ 3 cups confectioners' sugar
- ☐ 3 eggs
- ☐ 2 teaspoons coffee granules instant
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon rum
- ☐ 1 pinch salt

- ☐ 5 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water boiling
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 – 8 inch pans. Sift together the flour, baking powder, and salt. Set aside.
- ☐ Mix together 4 teaspoons instant coffee, 1/2 cup cocoa powder, and 3/4 cup boiling water; set aside.
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in 1 1/2 teaspoons rum.
- ☐ Mix the milk into cooled cocoa mixture, then beat into the batter alternately with the flour mixture.
- ☐ Pour batter into prepared pans.
- ☐ Bake in the preheated oven for 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- ☐ To make Mocha Chocolate Frosting: Sift together confectioners' sugar and 5 tablespoons cocoa powder; set aside. Dissolve 2 teaspoons instant coffee with 1/3 cup boiling water; set aside. In a medium bowl, cream butter until smooth. Beat in sugar/cocoa mixture.
- ☐ Mix in the vanilla extract and rum. Beat until smooth and creamy.
- ☐ Spread between layers of cooled cake.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:41.09, Inflammation Score:-4, Nutrition Score:8.2295652299148%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 8.18mg, Epicatechin: 8.18mg, Epicatechin: 8.18mg, Epicatechin: 8.18mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 594.9kcal (29.74%), Fat: 9.34g (14.36%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 123.48g (41.16%), Net Carbohydrates: 121.06g (44.02%), Sugar: 92.75g (103.05%), Cholesterol: 83.06mg (27.69%), Sodium: 323.53mg (14.07%), Alcohol: 0.25g (100%), Alcohol %: 0.17% (100%), Caffeine: 20.05mg (6.68%), Protein: 8.39g (16.79%), Selenium: 22.62µg (32.32%), Manganese: 0.47mg (23.29%), Phosphorus: 166.25mg (16.63%), Calcium: 157.09mg (15.71%), Copper: 0.25mg (12.49%), Vitamin B2: 0.17mg (9.85%), Fiber: 2.42g (9.68%), Magnesium: 35.78mg (8.94%), Iron: 1.58mg (8.78%), Vitamin A: 386.39IU (7.73%), Zinc: 0.93mg (6.21%), Folate: 23.77µg (5.94%), Vitamin B5: 0.55mg (5.52%), Potassium: 162.91mg (4.65%), Vitamin B12: 0.26µg (4.3%), Vitamin E: 0.6mg (4.02%), Vitamin D: 0.55µg (3.68%), Vitamin B1: 0.05mg (3.18%), Vitamin B6: 0.06mg (3.14%), Vitamin B3: 0.58mg (2.9%)