



 14%
HEALTH SCORE

Salted-Caramel Six-Layer Chocolate Cake

 Popular

READY IN



200 min.

SERVINGS



8

CALORIES



1968 kcal

DESSERT

Ingredients

- 1 serving butter unsalted for pans room temperature
- 3 cups flour all-purpose plus more for pans
- 3 cups granulated sugar
- 1.5 cups dutch-processed cocoa powder unsweetened
- 1 baking soda
- 1.5 teaspoons double-acting baking powder
- 1 serving coarse salt
- 4 large eggs

- 1.5 cups buttermilk low-fat
- 0.5 cup safflower oil
- 2 teaspoons vanilla extract pure
- 4 cups granulated sugar
- 0.3 cup plus light
- 2 cups cup heavy whipping cream
- 1 serving coarse salt
- 2 sticks butter unsalted cold cut into tablespoons
- 0.3 cup dutch-processed cocoa powder
- 2 sticks butter unsalted room temperature
- 0.5 cup powdered sugar
- 1 serving coarse salt
- 1 pound bittersweet chocolate cooled melted chopped
- 1 serving sea salt such as maldon flaked

Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- blender
- toothpicks
- serrated knife
- candy thermometer

Directions

- Preheat oven to 350 degrees. Make the cake: Butter three 9-inch round cake pans, and dust with flour, tapping out excess. Sift flour, granulated sugar, cocoa, baking soda, baking powder,

and 1 1/2 teaspoons coarse salt into the bowl of a mixer. Beat on low speed until just combined. Raise speed to medium, and add eggs, buttermilk, 1 1/2 cups warm water, oil, and vanilla. Beat until smooth, about 3 minutes.

- Divide batter among pans.
- Bake until cakes are set and a toothpick inserted into the center of each comes out clean, about 35 minutes.
- Let cool in pans set on a wire rack for 15 minutes. Turn out cakes onto racks, and let cool completely.
- Combine granulated sugar, corn syrup, and 1/4 cup water in a medium saucepan over high heat. Cook, without stirring, until mixture is dark amber, about 14 minutes.
- Remove from heat, and carefully pour in cream (mixture will spatter); stir until smooth. Return to heat, and cook until a candy thermometer reaches 238 degrees, about 2 minutes.
- Pour caramel into a medium bowl, stir in 1 teaspoon coarse salt, and let cool slightly, about 15 minutes. Stir in butter, 1 tablespoon at a time.
- Let cool completely.
- Whisk together cocoa and 1/4 cup plus 2 tablespoons warm water in a bowl until cocoa dissolves. Beat butter, confectioners' sugar, and a generous pinch of coarse salt in a clean bowl with a mixer on medium speed until pale and fluffy. Gradually beat in melted chocolate and then cocoa mixture until combined.
- Let stand for 30 minutes before using.
- Trim tops of cakes using a serrated knife to create a level surface.
- Cut each in half horizontally to form 2 layers.
- Transfer 1 layer to a serving platter, and spread 3/4 cup caramel over top. Top with another cake layer, and repeat with remaining caramel and cake layers, leaving top uncovered. Refrigerate until set, about 1 hour.
- Frost top and sides of cake in a swirling motion.
- Sprinkle with sea salt.
- Johnny Miller

Nutrition Facts



PROTEIN 3.68% **FAT 43.41%** **CARBS 52.91%**

Properties

Glycemic Index:40.77, Glycemic Load:149.79, Inflammation Score:-9, Nutrition Score:32.150434494019%

Flavonoids

Catechin: 12.19mg, Catechin: 12.19mg, Catechin: 12.19mg, Catechin: 12.19mg Epicatechin: 36.95mg, Epicatechin: 36.95mg, Epicatechin: 36.95mg, Epicatechin: 36.95mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 1967.89kcal (98.39%), Fat: 98.74g (151.9%), Saturated Fat: 58.4g (364.98%), Carbohydrates: 270.75g (90.25%), Net Carbohydrates: 257.98g (93.81%), Sugar: 215.59g (239.54%), Cholesterol: 288.26mg (96.09%), Sodium: 354.2mg (15.4%), Alcohol: 0.34g (100%), Alcohol %: 0.08% (100%), Caffeine: 92.03mg (30.68%), Protein: 18.81g (37.63%), Manganese: 1.81mg (90.67%), Copper: 1.54mg (77.02%), Magnesium: 217.67mg (54.42%), Fiber: 12.76g (51.05%), Selenium: 35.45µg (50.64%), Iron: 9.08mg (50.45%), Vitamin A: 2486.7IU (49.73%), Phosphorus: 490.39mg (49.04%), Vitamin B2: 0.66mg (38.54%), Vitamin B1: 0.45mg (29.82%), Folate: 109.89µg (27.47%), Zinc: 3.88mg (25.89%), Potassium: 835.68mg (23.88%), Calcium: 232.9mg (23.29%), Vitamin E: 3.47mg (23.12%), Vitamin B3: 3.76mg (18.82%), Vitamin D: 2.31µg (15.39%), Vitamin B5: 1.15mg (11.45%), Vitamin K: 10.91µg (10.39%), Vitamin B12: 0.62µg (10.26%), Vitamin B6: 0.14mg (7.14%)