



Sour Cream Chocolate Layer Cake

READY IN



51 min.

SERVINGS



10

CALORIES



654 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 14 oz firmly brown sugar light packed
- ☐ 8 oz cake flour
- ☐ 1 cup room temp coffee divided (use)
- ☐ 3 large eggs lightly beaten
- ☐ 3.5 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 5 oz semi-sweet chocolate dark
- ☐ 0.8 cup cup heavy whipping cream sour room temperature

- ☐ 6 tablespoons butter unsalted
- ☐ 4 ounces chocolate unsweetened cooled melted
- ☐ 1 teaspoon vanilla
- ☐ 2 teaspoon vanilla extract
- ☐ 2 tablespoons warm water

Equipment

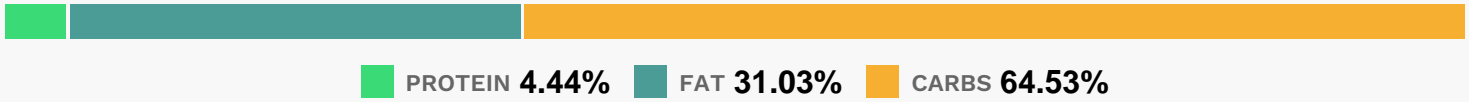
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ stove

Directions

- ☐ Preheat oven 350 degrees F.Spray two 9 inch round cake pans with flour-added cooking spray, or rub with shortening and dust with cocoa powder.Sift (I actually didn't sift) the cake flour, baking soda, and salt into bowl of a stand mixer and mix well.
- ☐ Add softened butter to flour mixture and mix on low speed with the paddle until the butter coats the flour. Stop occasionally to scrape sides of bowl.
- ☐ Add the brown sugar, cooled melted chocolate, sour cream, vanilla and *half* of the water. Continue mixing on low speed until well blended, scraping sides of bowl. Then beat on medium speed for about a minute.To the eggs in the separate bowl, add the remaining half cup of water (or coffee) and beat with a fork or whisk. With the mixer on low, gradually pour the egg/water mixture into the batter. Continue running mixer for about 3 minutes on medium speed, scraping sides until you get a smooth, velvety batter.
- ☐ Pour batter into the prepared cake pans and bake on center rack at 350 degrees F for about 35 minutes or until cakes test done. If your pans are black, you might want to use 325 F for 40 minutes.Sour cream Frosting
- ☐ Melt the butter in a saucepan over medium heat. Reduce heat to low and add chocolate. Stir over low heat or residual heat until chocolate melts.

- ☐
- Remove from stove and let cool slightly (about 10 minutes). Stir the sour cream into the chocolate.Sift half of the powdered sugar into bowl of a stand mixer fitted with whisk attachment.
- ☐
- Add the chocolate mixture and stir until smooth. Stir in vanilla.
- ☐
- Add the rest of the powdered sugar and beat mixture until smooth, adding water as needed.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:10.66, Inflammation Score:-5, Nutrition Score:10.898260818875%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 16.09mg, Epicatechin: 16.09mg, Epicatechin: 16.09mg, Epicatechin: 16.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 654.48kcal (32.72%), Fat: 23.33g (35.89%), Saturated Fat: 13.37g (83.59%), Carbohydrates: 109.18g (36.39%), Net Carbohydrates: 105.62g (38.41%), Sugar: 85.75g (95.28%), Cholesterol: 84.89mg (28.3%), Sodium: 325.28mg (14.14%), Alcohol: 0.41g (100%), Alcohol %: 0.26% (100%), Caffeine: 30.74mg (10.25%), Protein: 7.51g (15.01%), Manganese: 0.88mg (44.1%), Copper: 0.62mg (31.18%), Selenium: 17.17µg (24.53%), Iron: 3.66mg (20.34%), Magnesium: 75.85mg (18.96%), Phosphorus: 151.41mg (15.14%), Fiber: 3.56g (14.24%), Zinc: 1.94mg (12.94%), Vitamin B2: 0.16mg (9.38%), Potassium: 308.49mg (8.81%), Calcium: 85.61mg (8.56%), Vitamin A: 405.92IU (8.12%), Vitamin B5: 0.57mg (5.71%), Folate: 19.87µg (4.97%), Vitamin E: 0.64mg (4.27%), Vitamin B1: 0.05mg (3.51%), Vitamin B12: 0.21µg (3.49%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.62mg (3.12%), Vitamin K: 3.1µg (2.96%), Vitamin D: 0.43µg (2.84%)