



Sour Cream Dark Chocolate Cake

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



1100 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 cup canola oil
- 2 cups confectioners' sugar
- 4 eggs
- 3 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour

- 2 cups butter unsalted softened
- 1 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 1 cup water boiling
- 2.5 cups sugar white

Equipment

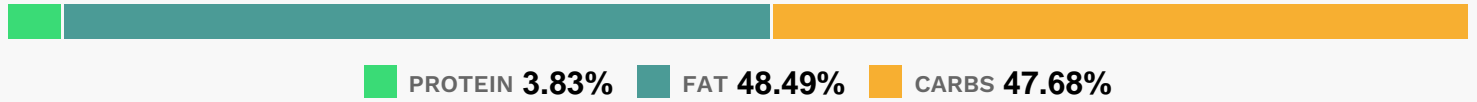
- bowl
- oven
- wire rack
- plastic wrap
- baking pan
- hand mixer
- toothpicks
- spatula

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 9-inch round baking pans.
- Dissolve cocoa powder in boiling water in a bowl; set aside to cool completely.
- Beat white sugar and canola oil together in a bowl with an electric mixer until smooth; add eggs, one at time, beating well after each addition. Stir vanilla extract into creamed mixture.
- Sift flour, baking soda, baking powder, and salt together in a separate bowl.
- Mix flour mixture and sour cream alternately into the creamed mixture. Beat cocoa mixture into batter until incorporated.
- Pour batter into the prepared baking pans.
- Bake in the preheated oven until a toothpick inserted in the center of each cake comes out clean, 30 to 35 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack. Wrap cakes in plastic wrap and store in refrigerator.

- Beat butter in a bowl with an electric mixer until creamy and smooth; scrape down sides of bowl with a rubber spatula.
- Mix confectioners' sugar, 1/2 cup at a time, into the creamed butter until sugar is incorporated.
- Add salt and beat on medium-high until frosting is light and fluffy, about 5 minutes.
- Place one cake on a serving plate; spread 1/4 the frosting on the top of cake.
- Place second cake on the frosting layer; spread 1/4 the frosting on second cake.
- Place the third cake atop the second cake.
- Spread the remaining frosting on the top cake and around sides of entire layer cake.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:69.57, Inflammation Score:-8, Nutrition Score:17.064347642919%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 1100.26kcal (55.01%), Fat: 61.43g (94.51%), Saturated Fat: 34.1g (213.1%), Carbohydrates: 135.9g (45.3%), Net Carbohydrates: 130.66g (47.51%), Sugar: 93.25g (103.61%), Cholesterol: 220.82mg (73.61%), Sodium: 425.15mg (18.48%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 24.73mg (8.24%), Protein: 10.91g (21.81%), Selenium: 26.37µg (37.67%), Manganese: 0.75mg (37.5%), Vitamin A: 1716.09IU (34.32%), Vitamin B1: 0.39mg (26.26%), Vitamin B2: 0.44mg (26.13%), Copper: 0.52mg (25.85%), Folate: 102.99µg (25.75%), Iron: 4.16mg (23.14%), Phosphorus: 214.1mg (21.41%), Fiber: 5.24g (20.97%), Vitamin E: 2.68mg (17.84%), Magnesium: 71.09mg (17.77%), Vitamin B3: 3.07mg (15.37%), Zinc: 1.5mg (10.02%), Calcium: 92.43mg (9.24%), Vitamin D: 1.29µg (8.61%), Potassium: 296.87mg (8.48%), Vitamin K: 8.87µg (8.45%), Vitamin B5: 0.73mg (7.29%), Vitamin B12: 0.35µg (5.88%), Vitamin B6: 0.08mg (4.22%)