



Sue B. and Fuzz G.'s Chocolate Cake

READY IN



45 min.

SERVINGS



12

CALORIES



640 kcal

DESSERT

Ingredients

- 9 oz all purpose flour
- 2 teaspoons baking soda
- 4 T buttermilk (cold plus more if needed) — room temperature not
- 0.8 cup natural cocoa powder (unsweetened)
- 4 large eggs (room temperature)
- 14 oz granulated sugar
- 3 cups powdered sugar
- 0.5 teaspoon salt
- 1 pinch salt — if using butter (salted)

- 12 oz butter unsalted salted room temperature (important)
- 1.5 oz semi-sweet chocolate
- 1.5 oz chocolate unsweetened
- 3 T cocoa powder unsweetened
- 1 teaspoon vanilla
- 1 teaspoon vanilla extract
- 1 cup vegetable oil
- 0.8 cup water boiling

Equipment

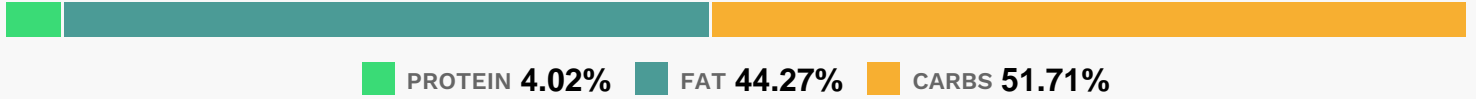
- bowl
- baking paper
- oven
- mixing bowl
- double boiler
- microwave
- measuring cup
- baking spatula

Directions

- Preheat oven to 350 degrees F. Spray 2 9-inch round pans with flour-added cooking spray and line bottoms with a round of parchment paper.
- Mix cocoa and boiling water together in a small bowl or large measuring cup; set aside.
- Mix buttermilk, oil, eggs and vanilla together in a large mixing bowl
- Mix sugar, flour, salt and baking soda together in a second mixing bowl.
- Mix dry ingredients into buttermilk/oil mixture and stir well with a heavy duty rubber scraper.
- Mix in cocoa mixture – ours was still very warm when we stirred it in. Stir until well mixed (though batter might have a few lumps). Don't overbeat the flour.
- Pour batter into pans and bake at 350 for 30 minutes or until a cake tester comes out clean.

Let cool in pans for 10 minutes. Turn from pans and cool. Frosting: Melt both chocolates in microwave, double boiler or bowl set over barely simmering water; set aside to cool. Beat the butter until creamy. Make sure it's not too cold or it might cause the chocolate to re-solidify. Stir in the cocoa power, about a cup of the powdered sugar, and the cooled melted chocolate. Scrape sides of bowl and beat well; add remaining powdered sugar, then add room temperature milk, vanilla and salt, beating and scraping until you get the consistency you like.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:34.9, Inflammation Score:-6, Nutrition Score:10.95217386536%

Flavonoids

Catechin: 6.64mg, Catechin: 6.64mg, Catechin: 6.64mg, Catechin: 6.64mg Epicatechin: 18.24mg, Epicatechin: 18.24mg, Epicatechin: 18.24mg, Epicatechin: 18.24mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 639.77kcal (31.99%), Fat: 32.87g (50.57%), Saturated Fat: 18.24g (114.03%), Carbohydrates: 86.4g (28.8%), Net Carbohydrates: 82.46g (29.99%), Sugar: 64.27g (71.41%), Cholesterol: 123.71mg (41.24%), Sodium: 316.12mg (13.74%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Caffeine: 21.35mg (7.12%), Protein: 6.71g (13.42%), Manganese: 0.61mg (30.46%), Copper: 0.47mg (23.49%), Selenium: 14.72µg (21.03%), Iron: 3.1mg (17.22%), Vitamin A: 808.48IU (16.17%), Fiber: 3.94g (15.75%), Magnesium: 59.5mg (14.87%), Phosphorus: 140.09mg (14.01%), Vitamin B2: 0.23mg (13.75%), Folate: 51.06µg (12.77%), Vitamin B1: 0.19mg (12.61%), Vitamin K: 9.56µg (9.11%), Zinc: 1.31mg (8.75%), Vitamin E: 1.2mg (7.97%), Vitamin B3: 1.52mg (7.61%), Potassium: 213.76mg (6.11%), Vitamin D: 0.82µg (5.49%), Vitamin B5: 0.43mg (4.34%), Calcium: 40.71mg (4.07%), Vitamin B12: 0.23µg (3.77%), Vitamin B6: 0.05mg (2.55%)