



WHATSheATE



Swiss Chocolate Cake

READY IN



45 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1.8 cups cake flour sifted
- ☐ 2 eggs
- ☐ 1.3 cups evaporated milk
- ☐ 0.3 teaspoon food coloring red
- ☐ 1 teaspoon salt
- ☐ 1 ounce chocolate unsweetened melted

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

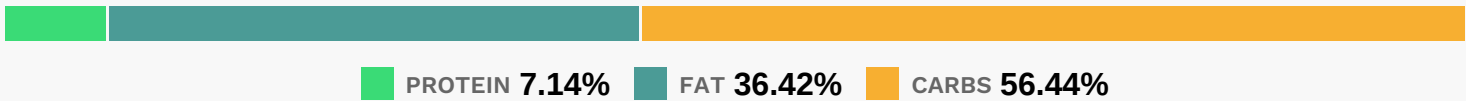
Equipment

- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Sift together flour, baking powder, soda, salt, and sugar.
- ☐ Stir butter just to soften, and add to flour mixture.
- ☐ Add 1 cup milk until all flour is dampened. Beat 2 minutes at medium speed, or 300 vigorous strokes by hand.
- ☐ Add to the flour mixture eggs, vanilla, melted chocolate, food coloring, and remaining 1/4 cup milk. Beat 1 minute in mixer, or 150 strokes by hand. Line the bottoms of two 9 inch round cake pans with parchment paper.
- ☐ Pour the batter into the prepared pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes. Cool.
- ☐ Frost with Chocolate Torte Frosting when completely cooled.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:39.28, Inflammation Score:-4, Nutrition Score:7.354782656483%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 433.42kcal (21.67%), Fat: 17.96g (27.63%), Saturated Fat: 10.66g (66.61%), Carbohydrates: 62.62g (20.87%), Net Carbohydrates: 61.37g (22.32%), Sugar: 41.61g (46.23%), Cholesterol: 82.84mg (27.61%), Sodium: 581.29mg (25.27%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 7.92g (15.84%), Selenium: 15.8µg (22.56%), Manganese: 0.37mg (18.66%), Calcium: 179.38mg (17.94%), Phosphorus: 167.75mg (16.78%), Vitamin B2: 0.21mg (12.18%), Vitamin A: 508.6IU (10.17%), Copper: 0.18mg (9.09%), Magnesium: 29.82mg (7.45%), Iron: 1.26mg (7.03%), Zinc: 1.04mg (6.91%), Potassium: 196.4mg (5.61%), Vitamin B5: 0.56mg (5.61%), Fiber: 1.25g (4.99%), Folate: 18.76µg (4.69%), Vitamin E: 0.63mg (4.21%), Vitamin B1: 0.05mg (3.38%), Vitamin B12: 0.19µg (3.08%), Vitamin B6: 0.05mg (2.5%), Vitamin B3: 0.41mg (2.07%), Vitamin D: 0.26µg (1.73%), Vitamin K: 1.69µg (1.61%)