



Triple-Chocolate Cake

READY IN



85 min.

SERVINGS



16

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 ounce bittersweet chocolate finely chopped
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 2 teaspoons butter
- ☐ 6 tablespoons butter softened
- ☐ 2 cups cake flour
- ☐ 1 tablespoon cornstarch
- ☐ 3 large egg whites

- ☐ 0.3 cup milk fat-free
- ☐ 3 tablespoons milk fat-free
- ☐ 1 tablespoon granulated sugar
- ☐ 1.8 cups granulated sugar
- ☐ 0.1 teaspoon espresso granules instant
- ☐ 4 ounces chocolate finely chopped
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.5 cup cocoa unsweetened divided
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water boiling
- ☐ 0.8 cup non-dairy whipped topping fat-free frozen thawed

Equipment

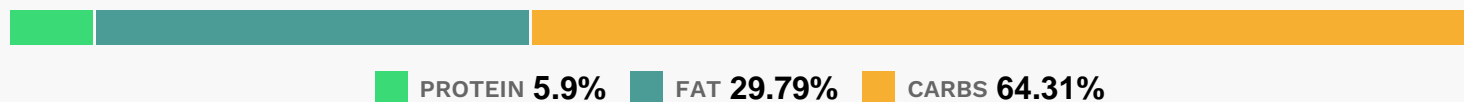
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, combine 1 cup boiling water and 1/2 cup cocoa.

- ☐ Add 2 ounces bittersweet chocolate; stir until smooth. Cool to room temperature. Coat 2 (8-inch) round metal cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray; dust pans with remaining 1 tablespoon cocoa.
- ☐ Place 1 3/4 cups granulated sugar, 6 tablespoons butter, and 1 teaspoon vanilla in a large bowl; beat with a mixer at medium speed 1 minute.
- ☐ Add egg whites, 1 at a time, beating well after each addition.
- ☐ Add sour cream; beat at medium speed for 2 minutes. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and 1/2 teaspoon salt in a bowl, stirring with a whisk.
- ☐ Add flour mixture and cocoa mixture alternately to sugar mixture, beginning and ending with flour mixture; beat just until combined.
- ☐ Divide batter evenly between the prepared pans.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool 10 minutes in pans on wire racks.
- ☐ Remove from pans; cool on wire racks. Discard wax paper.
- ☐ To prepare filling, combine 1/3 cup milk and the next 3 ingredients (through dash of salt) in a saucepan over medium-low heat; bring to a boil, stirring constantly. Cook 1 minute or until thick, stirring constantly.
- ☐ Remove from heat.
- ☐ Add milk chocolate, stirring until smooth.
- ☐ Pour into bowl. Cover and chill. Uncover; fold in whipped topping.
- ☐ To prepare glaze, combine powdered sugar and remaining ingredients in a saucepan over low heat. Cook for 2 minutes, stirring frequently.
- ☐ Place 1 cake layer on a plate.
- ☐ Spread filling over cake, leaving a 1/4-inch border. Top with remaining layer.
- ☐ Drizzle glaze over top of cake, spreading it out over edges.

Nutrition Facts



Properties

Glycemic Index:31.77, Glycemic Load:25.02, Inflammation Score:-3, Nutrition Score:5.56695650194%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 295.44kcal (14.77%), Fat: 10.3g (15.85%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 47.34g (17.22%), Sugar: 33.04g (36.71%), Cholesterol: 14.4mg (4.8%), Sodium: 216.94mg (9.43%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 18.77mg (6.26%), Protein: 4.59g (9.18%), Manganese: 0.39mg (19.35%), Copper: 0.3mg (14.82%), Selenium: 9.54µg (13.63%), Magnesium: 44.46mg (11.11%), Fiber: 2.7g (10.8%), Phosphorus: 97.33mg (9.73%), Iron: 1.3mg (7.21%), Vitamin B2: 0.12mg (6.83%), Calcium: 60.41mg (6.04%), Zinc: 0.75mg (4.99%), Potassium: 166.66mg (4.76%), Vitamin A: 190.42IU (3.81%), Vitamin B12: 0.14µg (2.41%), Folate: 8.63µg (2.16%), Vitamin B1: 0.03mg (2.12%), Vitamin B3: 0.38mg (1.88%), Vitamin E: 0.26mg (1.71%), Vitamin B5: 0.15mg (1.46%), Vitamin K: 1.4µg (1.33%), Vitamin B6: 0.03mg (1.31%)