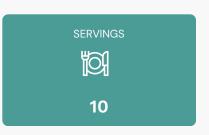


Yellow Cake with Chocolate Sour Cream Frosting

Vegetarian







DESSERT

Ingredients

1 pinch salt

2 teaspoons double-acting baking powder
2.5 cups confectioners' sugar
4 large eggs
12.4 ounces flour all-purpose
2 cups granulated sugar
0.3 cup milk

	0.3 cup cup heavy whipping cream sour
	1 cup cup heavy whipping cream sour room temperature
	4 ounces butter unsalted softened
	0.7 cup cocoa powder unsweetened
	2 teaspoons vanilla
Eq	uipment
	bowl
	oven
	mixing bowl
	blender
Diı	rections
	Preheat the oven to 350 degrees F. Spray two 9×2 -inch metal cake pans with flour-added baking spray or grease with butter/shortening and flour.
	Mix together the flour, baking powder and salt and set aside.In a stand mixing bowl, beat the
	butter on medium high speed until light and creamy. Beat in the vanilla. Gradually add the sugar, scraping the sides of the bowl once or twice and beating for about 5 minutes or until light and creamy.
	sugar, scraping the sides of the bowl once or twice and beating for about 5 minutes or until
	sugar, scraping the sides of the bowl once or twice and beating for about 5 minutes or until light and creamy. Add eggs one at a time and continue beating for another minute or two, scraping sides of bowl. Reduce speed to low and add the milk, then add flour and sour cream alternately. When
	sugar, scraping the sides of the bowl once or twice and beating for about 5 minutes or until light and creamy. Add eggs one at a time and continue beating for another minute or two, scraping sides of bowl. Reduce speed to low and add the milk, then add flour and sour cream alternately. When flour is fully incorporated, divide evenly among the pans. Bake on center rack for about 35 minutes or until cakes spring back when touched and a pick inserted comes out with moist crumbs. To make the frosting, mix together the butter, cocoa

Nutrition Facts

Properties

Glycemic Index:27.51, Glycemic Load:47.64, Inflammation Score:-6, Nutrition Score:11.100869585638%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 584.95kcal (29.25%), Fat: 18.13g (27.89%), Saturated Fat: 9.99g (62.41%), Carbohydrates: 102.01g (34%), Net Carbohydrates: 98.94g (35.98%), Sugar: 70.91g (78.79%), Cholesterol: 116.48mg (38.83%), Sodium: 132.53mg (5.76%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Caffeine: 13.19mg (4.4%), Protein: 8.27g (16.55%), Selenium: 20.59µg (29.42%), Manganese: 0.47mg (23.7%), Vitamin B2: 0.35mg (20.79%), Vitamin B1: 0.3mg (19.88%), Folate: 77.63µg (19.41%), Phosphorus: 167.96mg (16.8%), Iron: 2.93mg (16.26%), Copper: 0.29mg (14.75%), Fiber: 3.07g (12.29%), Vitamin A: 580.38IU (11.61%), Vitamin B3: 2.26mg (11.28%), Calcium: 110.87mg (11.09%), Magnesium: 42.89mg (10.72%), Zinc: 1.03mg (6.88%), Vitamin B5: 0.61mg (6.07%), Potassium: 202.91mg (5.8%), Vitamin B12: 0.29µg (4.84%), Vitamin D: 0.64µg (4.25%), Vitamin E: 0.61mg (4.08%), Vitamin B6: 0.07mg (3.61%), Vitamin K: 1.55µg (1.48%)