



WHATSheATE



## Yellow Cake with Chocolate Sour Cream Frosting



Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



585 kcal

DESSERT

### Ingredients

- ☐ 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
- ☐ 1 pinch salt

- ☐ 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

## Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender

## Directions

- ☐ 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.
- ☐ 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 powder and 2 1/2 cups confections' sugar until they come together.
- ☐ Add a little salt. Bring mixer speed from low to high, scraping sides of bowl, until well mixed, then gradually add the sour cream.
- ☐ Add milk. Taste, and add the remaining 1/2 cup confectioners sugar if you feel you need it.

## Nutrition Facts



 PROTEIN **5.48%**  FAT **27%**  CARBS **67.52%**

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%)