



Yost Chocolate Cake

 Vegetarian

READY IN



115 min.

SERVINGS



10

CALORIES



626 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 0.5 cup butter at room temperature
- 1 cup buttermilk
- 4 cups confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 0.5 cup heavy cream
- 0.3 teaspoon salt

- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 cup vegetable oil
- 1 cup water hot
- 2 cups sugar white

Equipment

- bowl
- oven
- whisk
- hand mixer
- toothpicks
- cake form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch cake pan.
- Whisk buttermilk, vegetable oil, eggs, 1/3 cup cocoa powder, and 1 teaspoon vanilla extract in a bowl until smooth.
- Whisk flour, sugar, baking soda, and 1/2 teaspoon salt in a separate bowl.
- Add dry ingredients to buttermilk mixture and whisk in hot water.
- Spread batter in prepared cake pan.
- Bake in the preheated oven until set and a toothpick inserted into the center of the cake comes out clean or with moist crumbs, about 35 minutes.
- Let cool.
- Beat confectioners' sugar, cream, butter, 1/4 cup cocoa powder, 1 teaspoon vanilla extract, and 1/4 teaspoon salt in a bowl using an electric mixer until frosting is smooth and creamy.
- Spread onto cooled cake.

Nutrition Facts



■ PROTEIN 3.32% ■ FAT 28.28% ■ CARBS 68.4%

Properties

Glycemic Index:22.61, Glycemic Load:42.09, Inflammation Score:-5, Nutrition Score:7.4500000101069%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 625.62kcal (31.28%), Fat: 20.16g (31.02%), Saturated Fat: 10.18g (63.62%), Carbohydrates: 109.7g (36.57%), Net Carbohydrates: 108.23g (39.35%), Sugar: 88.58g (98.42%), Cholesterol: 73.23mg (24.41%), Sodium: 394.44mg (17.15%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Caffeine: 4.95mg (1.65%), Protein: 5.32g (10.64%), Selenium: 13.37µg (19.1%), Vitamin B2: 0.25mg (14.91%), Vitamin B1: 0.22mg (14.38%), Folate: 52.59µg (13.15%), Manganese: 0.26mg (13.06%), Vitamin A: 545.69IU (10.91%), Iron: 1.68mg (9.36%), Phosphorus: 90.25mg (9.03%), Vitamin K: 9.42µg (8.97%), Vitamin B3: 1.57mg (7.83%), Copper: 0.14mg (7.07%), Fiber: 1.47g (5.88%), Vitamin E: 0.86mg (5.71%), Magnesium: 21.03mg (5.26%), Calcium: 51.28mg (5.13%), Vitamin D: 0.68µg (4.52%), Zinc: 0.58mg (3.84%), Vitamin B5: 0.38mg (3.84%), Vitamin B12: 0.23µg (3.78%), Potassium: 120.37mg (3.44%), Vitamin B6: 0.04mg (2.09%)