

# Chocolate Fudge Spongecake

*What's Cooking II*

*North American Institute of Modern Cuisine*

## **Yield: 1 spongecake**

*5 eggs*

*3/4 cup sugar*

*1 cup all-purpose flour*

*1/2 teaspoon baking powder*

*3 tablespoons butter, melted*

*1 teaspoon vanilla extract*

*4 ounces semisweet chocolate*

Preheat the oven to 350 degrees.

Butter and flour a 9-inch springform cake pan. Set aside.

Place a stainless steel bowl over a saucepan filled with simmering hot water. In a bowl, beat the eggs and sugar for 5 minutes or until the mixture thickens. Off heat, continue beating until the mixture cools slightly. Set aside.

In a second bowl, sift the flour and baking powder. Fold into the beaten egg mixture.

In a saucepan, melt the chocolate. Let cool.

With a spatula or whisk, gently fold in the melted butter and vanilla extract. Fold in the semisweet chocolate. Pour the batter into the cake pan.

Bake in the oven for 25 to 35 minutes. Remove from the oven. Detach the cake from the pan by running a small knife around the sides. Let cool for 5 minutes. Undo the cake pan. Turn out the cake onto a wire rack or cookie sheet sprinkled with sugar. Let stand until cold.

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Per Serving (excluding unknown items): 2265 Calories; 94g Fat (36.4% calories from fat); 49g Protein; 321g Carbohydrate; 3g Dietary Fiber; 1153mg Cholesterol; 962mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 Lean Meat; 15 1/2 Fat; 15 Other Carbohydrates.

**Per Serving Nutritional Analysis**

|                                       |           |                             |        |
|---------------------------------------|-----------|-----------------------------|--------|
| <b>Calories (kcal):</b>               | 2265      | <b>Vitamin B6 (mg):</b>     | .5mg   |
| <b>% Calories from Fat:</b>           | 36.4%     | <b>Vitamin B12 (mcg):</b>   | 3.3mcg |
| <b>% Calories from Carbohydrates:</b> | 55.1%     | <b>Thiamin B1 (mg):</b>     | 1.2mg  |
| <b>% Calories from Protein:</b>       | 8.5%      | <b>Riboflavin B2 (mg):</b>  | 1.9mg  |
| <b>Total Fat (g):</b>                 | 94g       | <b>Folacin (mcg):</b>       | 317mcg |
| <b>Saturated Fat (g):</b>             | 49g       | <b>Niacin (mg):</b>         | 8mg    |
| <b>Monounsaturated Fat (g):</b>       | 31g       | <b>Caffeine (mg):</b>       | 70mg   |
| <b>Polyunsaturated Fat (g):</b>       | 6g        | <b>Alcohol (kcal):</b>      | 13     |
| <b>Cholesterol (mg):</b>              | 1153mg    | <b>% Refuse:</b>            | n n%   |
| <b>Carbohydrate (g):</b>              | 321g      | <b>Food Exchanges</b>       |        |
| <b>Dietary Fiber (g):</b>             | 3g        | <b>Grain (Starch):</b>      | 6 1/2  |
| <b>Protein (g):</b>                   | 49g       | <b>Lean Meat:</b>           | 4      |
| <b>Sodium (mg):</b>                   | 962mg     | <b>Vegetable:</b>           | 0      |
| <b>Potassium (mg):</b>                | 897mg     | <b>Fruit:</b>               | 0      |
| <b>Calcium (mg):</b>                  | 332mg     | <b>Non-Fat Milk:</b>        | 0      |
| <b>Iron (mg):</b>                     | 14mg      | <b>Fat:</b>                 | 15 1/2 |
| <b>Zinc (mg):</b>                     | 6mg       | <b>Other Carbohydrates:</b> | 15     |
| <b>Vitamin C (mg):</b>                | 0mg       |                             |        |
| <b>Vitamin A (i.u.):</b>              | 2544IU    |                             |        |
| <b>Vitamin A (r.e.):</b>              | 677 1/2RE |                             |        |

**Nutrition Facts**

|                                 |                        |
|---------------------------------|------------------------|
| <b>Amount Per Serving</b>       |                        |
| <b>Calories</b> 2265            | Calories from Fat: 825 |
| <b>% Daily Values*</b>          |                        |
| <b>Total Fat</b> 94g            | 145%                   |
| Saturated Fat 49g               | 246%                   |
| <b>Cholesterol</b> 1153mg       | 384%                   |
| <b>Sodium</b> 962mg             | 40%                    |
| <b>Total Carbohydrates</b> 321g | 107%                   |
| Dietary Fiber 3g                | 13%                    |
| <b>Protein</b> 49g              |                        |
| <b>Vitamin A</b>                | 51%                    |
| <b>Vitamin C</b>                | 0%                     |
| <b>Calcium</b>                  | 33%                    |
| <b>Iron</b>                     | 80%                    |

\* Percent Daily Values are based on a 2000 calorie diet.