

First Place Chocolate Cake

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CAKE

*2 cups extra-fine granulated sugar
3 cups all-purpose flour, using a
spoon to fill the measuring cup
3/4 cup cocoa powder (use extra
dark if a deep, rich chocolate cake is
desired.)
2 teaspoons baking soda
1 teaspoon salt
1 1/2 cups water, room temperature
1 cup oil, such as grape seed oil
1/4 cup vinegar
1 tablespoon vanilla extract*

FROSTING

*4 cups (one pound) confectioners
powdered sugar
8 tablespoons cocoa powder
(preferably dark type)
6 tablespoons half and half
1 teaspoon vanilla extract
pinch salt*

Preparation Time: 20 minutes

Bake: 35 minutes

Preheat the oven to 350 degrees.

Prepare two nine-inch baking pans with baking spray or butter and flour. For easy removal, line the bottoms of the pans with parchment or wax paper. Set aside.

In a bowl, sift together the sugar, flour, cocoa powder, baking soda and salt. Set aside.

In a bowl, whisk together the water, oil, vinegar and vanilla. Add the sifted ingredients to the bowl and whisk until smooth.

Divide the mixture evenly into the pans and place in the oven.

Bake for approximately 30 to 35 minutes or until the center of the cake bounces back when gently pressed or an inserted toothpick comes out clean.

Let the cake sit for 10 minutes. Place a serving dish on top of the baking pan and quickly turn upside down. Let cool.

For the chocolate frosting: Sift together the powdered sugar and cocoa. Cream the butter until fluffy. Add one-fourth of the sifted ingredients and mix in well. Add one-fourth of the half and half and mix in well. Scrape the bowl and repeat by adding another one-fourth of the ingredients. Repeat and add by one-fourths until all ingredients are added. Add the vanilla and salt. Spread on the cake.

Per Serving (excluding unknown items): 3469 Calories; 232g Fat (60.6% calories from fat); 41g Protein; 299g Carbohydrate; 10g Dietary Fiber; 33mg Cholesterol; 4704mg Sodium. Exchanges: 19 Grain(Starch); 1/2 Non-Fat Milk; 46 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	3469	Vitamin B6 (mg):	.2mg
% Calories from Fat:	60.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	34.6%	Thiamin B1 (mg):	3.0mg
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	232g	Folacin (mcg):	580mcg
Saturated Fat (g):	32g	Niacin (mg):	22mg
Monounsaturated Fat (g):	132g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	48g	Alcohol (kcal):	50
Cholesterol (mg):	33mg	% Refuse:	0.0%
Carbohydrate (g):	299g		
Dietary Fiber (g):	10g	Food Exchanges	
Protein (g):	41g	Grain (Starch):	19
Sodium (mg):	4704mg	Lean Meat:	0
Potassium (mg):	579mg	Vegetable:	0
Calcium (mg):	176mg	Fruit:	0
Iron (mg):	18mg	Non-Fat Milk:	1/2
Zinc (mg):	3mg	Fat:	46
Vitamin C (mg):	1mg	Other Carbohydrates:	0
Vitamin A (i.u.):	394IU		
Vitamin A (r.e.):	118RE		

Nutrition Facts

Amount Per Serving		
Calories	3469	Calories from Fat: 2101
% Daily Values*		
Total Fat	232g	357%
Saturated Fat	32g	162%
Cholesterol	33mg	11%
Sodium	4704mg	196%
Total Carbohydrates	299g	100%
Dietary Fiber	10g	40%
Protein	41g	
Vitamin A		8%
Vitamin C		1%
Calcium		18%
Iron		99%

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