

Black Whirlwind Chocolate Cake



INGREDIENTS

	Grams	Usage Levels (%)
Egg, white	450	24.36
Chocolate, black	300	16.24
Egg, yolk, whipped	230	12.45
Sugar, fine	200	10.83
Milk	190	10.29
Flour, cake	120	6.50
Butter	100	5.41
Oil, salad	100	5.41
Lactose	100	5.41
Cacao powder	40	2.17
Vanilla extract	10	0.54
Baking soda	5	0.27
Salt	2	0.11
Total		100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	420kcal
Total Fat	21g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	165mg
Total Carbohydrates	33g
Dietary Fiber	3g
Sugars	22g
Protein	24g
Calcium	61mg
Magnesium	72mg
Phosphorus	158mg
Potassium	460mg
Sodium	440mg
Iron	3mg
Vitamin A	332IU
Vitamin C	0mg

PREPARATION

1. **Whip egg yolk; set aside.**
2. **Boil oil.**
3. **Add cacao powder.**
4. **Add vanilla extract and black chocolate. Melt.**
5. **Preheat milk and lactose, then add them into the mixture.**
6. **Add cake flour and baking soda.**
7. **Add the whipped egg yolk and combine with egg white, fine sugar and salt, then pour into baking mold.**
8. **Bake in oven with surface temperature 177°C (350°F) and bottom temperature 160°C (320°F) for 25 minutes.**

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.