

DESSERTS (CAKES AND FROSTINGS) No.G 035 00
CHOCO-LITE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	50 g	5 g	2 g	0 mg	234 mg	78 mg

Ingredient

APPLESAUCE,CANNED,UNSWEETENED
 EGG WHITES,FROZEN,THAWED
 YOGURT,VANILLA,NONFAT
 WATER
 CHOCOLATE,COOKING,UNSWEETENED,MELTED
 EXTRACT,VANILLA
 SUGAR,GRANULATED
 FLOUR,WHEAT,GENERAL PURPOSE
 COCOA
 CORNSTARCH
 MILK,NONFAT,DRY
 BAKING POWDER
 CINNAMON,GROUND
 SALT
 BAKING SODA
 COOKING SPRAY,NONSTICK
 CORN SYRUP,LIGHT
 WATER
 SUGAR,POWDERED,SIFTED
 COCOA

Weight

3 lbs
 2-7/8 lbs
 1-1/8 lbs
 12-1/2 oz
 5-7/8 oz
 7/8 oz
 4-5/8 lbs
 3-5/8 lbs
 12-1/8 oz
 9 oz
 4 oz
 2-5/8 oz
 1 oz
 5/8 oz
 2/3 oz
 2 oz
 8-2/3 oz
 6-1/4 oz
 1-1/4 lbs
 3 oz

Measure

1 qts 1-1/2 cup
 1 qts 1-1/2 cup
 3 cup
 1-1/2 cup
 1-1/4 cup
 2 tbsp
 2 qts 2-1/2 cup
 3 qts 1 cup
 1 qts
 2 cup
 1-5/8 cup
 1/4 cup 1-2/3 tbsp
 1/4 cup 1/3 tbsp
 1 tbsp
 1 tbsp
 1/4 cup 1/3 tbsp
 3/4 cup
 3/4 cup
 1 qts 1/2 cup
 1 cup

Issue

Method

- 1 Place applesauce, egg whites, yogurt, water, melted chocolate and vanilla in mixer bowl. Mix at low speed 1 minute to blend. Mix at high speed 1 minute.
- 2 Sift together sugar, flour, cocoa, cornstarch, milk, baking powder, cinnamon, salt, and baking soda.
- 3 Add dry ingredients to mixer bowl. Mix at low speed 2 minutes. Scrape down bowl. Mix at medium speed 2 minutes or until batter is smooth.
- 4 Lightly spray pans with non-stick cooking spray. Pour 1 gallon batter into each pan.
- 5 Using a convection oven bake at 325 F. for 20-25 minutes or until done on low fan, open vent.
- 6 To make glaze, place syrup and water in mixer bowl. Using a wire whip, mix at low speed 1 minute.
- 7 Sift sugar and cocoa together.
- 8 Add to syrup and water mixture. Mix at low speed 1 minute; scrape bowl. Mix at high speed 2 minutes.
- 9 Spread 1-1/2 cups chocolate glaze over each warm cake. Cool. Cut 6 by 9.