



Blackout Cake

READY IN



140 min.

SERVINGS



10

CALORIES



687 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1.5 tablespoons butter at room temperature
- ☐ 2.5 tablespoons butter
- ☐ 1 cup buttermilk
- ☐ 36 chocolate wafers such as nabisco famous
- ☐ 0.8 cup cocoa (preferable Dutch processed)
- ☐ 2 tablespoons cocoa (preferably Dutch processed)
- ☐ 0.3 cup hot-brewed coffee hot brewed

- ☐ 1 cup hot-brewed coffee at room temperature brewed
- ☐ 2 teaspoons plus
- ☐ 1 tablespoon cornstarch
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups milk
- ☐ 4 ounces semi-sweet chocolate finely chopped
- ☐ 8 ounces semi chocolate sweet
- ☐ 0.3 cup sugar
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ blender

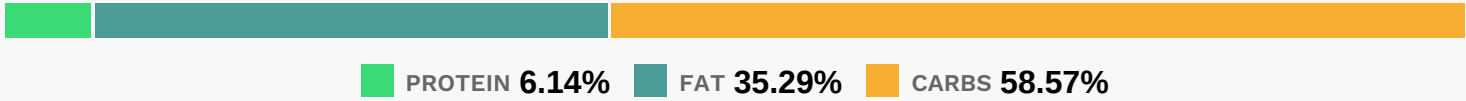
- ☐ double boiler
- ☐ toothpicks

Directions

- ☐ Combine 1 cup milk with 2 tablespoons sugar in a small saucepan and bring to just under a boil.
- ☐ In a mixing bowl, combine remaining sugar with salt, cocoa, and cornstarch.
- ☐ Whisk in remaining 1/2 cup unheated milk. Gradually whisk in hot milk and place entire mixture back into the saucepan.
- ☐ Heat, over medium heat, stirring, until mixture thickens and just starts to bubble.
- ☐ Whisk in egg and egg yolk and cook, stirring, for 30 seconds.
- ☐ Remove from the heat and whisk in chopped chocolate and butter. When both are melted, strain pudding through a fine-mesh strainer, and cool. Cover with plastic and reserve in refrigerator.
- ☐ To make the Cake: Preheat oven to 350 degrees F. Lightly butter 2 (8-inch) cake pans and line with parchment. Butter the parchment and flour pans, shaking out the excess.
- ☐ Sift together flour, cocoa, baking soda, baking powder, and salt. Reserve.
- ☐ In a mixer with a whip attachment, beat eggs and sugar until thick and lemon-colored. Beat in vegetable oil. Alternately add dry ingredients with buttermilk, scraping the bowl once or twice.
- ☐ Add the coffee and vanilla to form a thin batter. Divide between prepared cake pans.
- ☐ Bake until a toothpick inserted in the center of a cake comes out clean, about 40 to 45 minutes. Cool in pan for 15 minutes. Invert onto cooling racks, peel off paper and cool completely.
- ☐ When cool, split each cake in half with a serrated slicing knife. Reserve 1 layer for another use.
- ☐ Spread bottom layer with half of the reserved Chocolate Pudding.
- ☐ Place second layer on top and spread with remaining pudding. Top with last cake layer.
- ☐ To make the Icing: Over a double boiler, melt chocolate with butter.
- ☐ Remove from heat, whisk in brewed coffee, corn syrup, and vanilla.
- ☐ Place icing over an ice bath and chill, whisking often until the mixture is of soft but a spreadable consistency. Working quickly, ice the sides and top of cake.

- ☐ In a food processor, pulse the cookies into crumbs. Press the crumbs onto sides and top of cake.
- ☐ Serve cake at room temperature. If holding for more than 2 hours, store in refrigerator for up to 48 hours, but bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:54.47, Glycemic Load:51.75, Inflammation Score:-6, Nutrition Score:17.259130540101%

Flavonoids

Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 14.65mg, Epicatechin: 14.65mg, Epicatechin: 14.65mg, Epicatechin: 14.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 687.28kcal (34.36%), Fat: 27.88g (42.9%), Saturated Fat: 13.97g (87.34%), Carbohydrates: 104.13g (34.71%), Net Carbohydrates: 97.41g (35.42%), Sugar: 71.93g (79.92%), Cholesterol: 90.09mg (30.03%), Sodium: 663.46mg (28.85%), Alcohol: 0.21g (100%), Alcohol %: 0.1% (100%), Caffeine: 60.4mg (20.13%), Protein: 10.91g (21.82%), Manganese: 1.03mg (51.65%), Copper: 0.86mg (42.8%), Magnesium: 122.32mg (30.58%), Iron: 5.29mg (29.37%), Phosphorus: 293.55mg (29.36%), Fiber: 6.73g (26.91%), Selenium: 18.53µg (26.47%), Vitamin B2: 0.38mg (22.36%), Vitamin B1: 0.25mg (16.91%), Zinc: 2.25mg (15.03%), Calcium: 148.83mg (14.88%), Folate: 57.64µg (14.41%), Potassium: 496.87mg (14.2%), Vitamin B3: 2.3mg (11.52%), Vitamin B12: 0.55µg (9.18%), Vitamin B5: 0.85mg (8.51%), Vitamin K: 7.87µg (7.5%), Vitamin D: 1.08µg (7.17%), Vitamin A: 355.67IU (7.11%), Vitamin E: 0.91mg (6.04%), Vitamin B6: 0.1mg (5%)