

Boston Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 1.3 cups cake flour sifted
- ☐ 2 teaspoons cake flour
- ☐ 3 tablespoons cornstarch
- ☐ 2 ounces chocolate dark
- ☐ 1 large eggs
- ☐ 0.3 cup egg substitute

- ☐ 2 large egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.8 cup milk 1% low-fat
- ☐ 1 cup milk 1% low-fat
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.3 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons cointreau orange-flavored (liqueur)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ microwave
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35

- ☐ To prepare cake, coat bottom of a 9-inch round cake pan with cooking spray. Dust with 2 teaspoons cake flour; set aside.
- ☐ Weigh or lightly spoon 5 ounces (about 1 1/4 cups) flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and 1/4 teaspoon salt in a small bowl, stirring with a whisk.
- ☐ Place 1/2 cup granulated sugar and 1/4 cup butter in a large bowl, and beat with a mixer at medium speed until light and fluffy (about 5 minutes).
- ☐ Add 1 teaspoon vanilla and egg, beating until well blended.
- ☐ Add flour mixture and 3/4 cup milk alternately to sugar mixture, beginning and ending with flour mixture.
- ☐ Place egg whites in a medium bowl; beat with a mixer at high speed until foamy using clean, dry beaters. Gradually add 3 tablespoons granulated sugar, beating until stiff peaks form. Gently fold egg white mixture into batter; pour into prepared pan.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; run a knife around outside edge.
- ☐ Remove from pan, and cool completely on a wire rack.
- ☐ To prepare filling, combine 1/2 cup granulated sugar, cornstarch, and 1/8 teaspoon salt in a medium saucepan. Gradually add 1 cup plus 2 tablespoons milk and egg substitute to pan, stirring with a whisk until well blended. Bring to a boil over medium heat, stirring constantly with a whisk until thick.
- ☐ Remove from heat; stir in 1 tablespoon butter and 1/2 teaspoon vanilla.
- ☐ Place pan in a large ice-filled bowl until custard cools to room temperature (about 15 minutes), stirring occasionally.
- ☐ To prepare glaze, place chocolate and 2 tablespoons milk in a microwave-safe bowl. Microwave at HIGH 20 seconds or until chocolate melts.
- ☐ Add powdered sugar and liqueur, stirring with a whisk until smooth.
- ☐ Split cake in half horizontally using a serrated knife; place bottom layer, cut side up, on a serving plate.
- ☐ Spread cooled filling evenly over bottom layer; top with remaining cake layer, cut side down.
- ☐ Spread glaze evenly over top cake layer.

Nutrition Facts



 PROTEIN **9.51%**  FAT **32.9%**  CARBS **57.59%**

Properties

Glycemic Index:53.17, Glycemic Load:17.72, Inflammation Score:-3, Nutrition Score:5.8600000272626%

Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

Nutrients (% of daily need)

Calories: 255.89kcal (12.79%), Fat: 9.38g (14.43%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 35.88g (13.05%), Sugar: 21.49g (23.88%), Cholesterol: 36.2mg (12.07%), Sodium: 249.49mg (10.85%), Alcohol: 0.21g (100%), Alcohol %: 0.23% (100%), Caffeine: 4.54mg (1.51%), Protein: 6.1g (12.19%), Selenium: 14.13µg (20.18%), Manganese: 0.25mg (12.3%), Phosphorus: 110.71mg (11.07%), Calcium: 109.17mg (10.92%), Vitamin B2: 0.17mg (9.74%), Copper: 0.14mg (7.01%), Iron: 1.16mg (6.45%), Magnesium: 25.35mg (6.34%), Vitamin A: 313.38IU (6.27%), Vitamin B12: 0.38µg (6.26%), Vitamin B5: 0.49mg (4.87%), Vitamin D: 0.72µg (4.77%), Potassium: 166.73mg (4.76%), Zinc: 0.67mg (4.48%), Fiber: 1.05g (4.21%), Vitamin B1: 0.05mg (3.55%), Vitamin E: 0.45mg (3.02%), Vitamin B6: 0.06mg (2.76%), Folate: 10.61µg (2.65%), Vitamin B3: 0.3mg (1.51%)