



Boston Cream Pie

READY IN



155 min.

SERVINGS



8

CALORIES



496 kcal

DESSERT

Ingredients

- 2 eggs
- 1.5 cups milk
- 0.3 cup granulated sugar
- 2 tablespoons cornstarch
- 0.1 teaspoon salt
- 2 teaspoons vanilla
- 1.3 cups flour all-purpose
- 1 cup granulated sugar
- 0.3 cup butter room temperature

- 0.8 cup milk
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon vanilla
- 0.5 teaspoon salt
- 1 large eggs
- 3 tablespoons butter
- 3 oz baker's chocolate unsweetened
- 3 tablespoons water
- 1 cup powdered sugar
- 0.8 teaspoon vanilla

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- plastic wrap
- hand mixer
- toothpicks
- cake form
- microwave
- spatula
- measuring cup

Directions

- Place an egg separator over a small bowl. Crack open 1 egg over the egg separator to separate the yolk from the white; then separate the other egg. (Save the whites for another recipe.) In a small bowl, place the yolks. Beat the egg yolks with a fork or wire whisk until mixed. Stir in 1 1/2 cups milk; set aside.
- In a 2-quart saucepan, stir 1/3 cup granulated sugar, the cornstarch and 1/8 teaspoon salt until mixed. Gradually stir egg mixture into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in 2 teaspoons vanilla. Press plastic wrap on surface of filling to prevent a tough layer from forming on top. Refrigerate at least 2 hours until set but no longer than 24 hours. While filling is chilling, continue with recipe.
- Heat the oven to 350°F. Spray just the bottom of a 9-inch round cake pan with baking spray with flour.
- In a large bowl, beat all cake ingredients with an electric mixer on low speed 30 seconds, stopping frequently to scrape batter from side and bottom of bowl with a rubber spatula. Beat on high speed 3 minutes, stopping occasionally to scrape bowl.
- Pour batter into the pan; use a rubber spatula to scrape batter from bowl, spread batter evenly in pan and smooth top of batter.
- Bake about 35 minutes or until a toothpick inserted in the center comes out clean. Cool cake in pan on a cooling rack 20 minutes, then remove onto cooling rack to finish cooling completely, about 1 hour.
- In a 1-quart saucepan, melt 3 tablespoons butter and the chocolate over low heat, stirring occasionally. Meanwhile, in 1-cup glass measuring cup, microwave the water uncovered on High 15 to 30 seconds or until hot.
- Remove chocolate mixture from heat. Stir in the powdered sugar and 3/4 teaspoon vanilla. Stir in 3 tablespoons hot water. Stir in additional water, 1 teaspoon at a time, until icing is smooth and thin enough to spread.
- To split cake horizontally in half, mark middle points around side of cake with toothpicks. Using toothpicks as a guide, cut through the cake with a long, sharp knife, using a back-and-forth motion. On a serving plate, place bottom layer with the cut side up.
- Spread filling over bottom layer. Top with top of cake, cut side down.
- Spread glaze over top of cake, using a metal spatula or back of a spoon, letting some glaze drizzle down side of cake. Refrigerate uncovered until serving. Store any remaining cake covered in the refrigerator.

Nutrition Facts

PROTEIN 6.19% FAT 37.83% CARBS 55.98%

Properties

Glycemic Index:54.15, Glycemic Load:35.46, Inflammation Score:-6, Nutrition Score:11.236956446472%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 495.86kcal (24.79%), Fat: 21.59g (33.22%), Saturated Fat: 11.02g (68.9%), Carbohydrates: 71.9g (23.97%), Net Carbohydrates: 69.59g (25.3%), Sugar: 51.69g (57.44%), Cholesterol: 92.74mg (30.91%), Sodium: 426.28mg (18.53%), Alcohol: 0.64g (100%), Alcohol %: 0.43% (100%), Caffeine: 8.5mg (2.83%), Protein: 7.95g (15.89%), Manganese: 0.59mg (29.58%), Selenium: 14.52µg (20.75%), Copper: 0.39mg (19.59%), Phosphorus: 187.37mg (18.74%), Iron: 3.18mg (17.67%), Vitamin B2: 0.3mg (17.46%), Calcium: 156.66mg (15.67%), Vitamin B1: 0.22mg (14.37%), Magnesium: 50.26mg (12.57%), Vitamin A: 628.48IU (12.57%), Folate: 47.16µg (11.79%), Zinc: 1.68mg (11.21%), Fiber: 2.31g (9.25%), Vitamin B12: 0.55µg (9.09%), Vitamin D: 1.1µg (7.33%), Potassium: 244.34mg (6.98%), Vitamin B3: 1.4mg (6.98%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.65mg (4.35%), Vitamin B6: 0.08mg (4.19%), Vitamin K: 2.01µg (1.91%)