



## Boston Cream Pie

READY IN



155 min.

SERVINGS



8

CALORIES



498 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter room temperature
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup granulated sugar

- ☐ 0.8 cup milk
- ☐ 1.5 cups milk
- ☐ 1 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 3 oz baker's chocolate unsweetened
- ☐ 0.8 teaspoon vanilla
- ☐ 1 teaspoon vanilla
- ☐ 2 teaspoons vanilla
- ☐ 3 tablespoons water

## 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 350F. Spray just the bottom of a 9-inch round cake pan with the baking spray.
- ☐ 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 6.32%** **FAT 37.84%** **CARBS 55.84%**

## Properties

Glycemic Index:47.9, Glycemic Load:35.46, Inflammation Score:-6, Nutrition Score:11.449565204913%

## 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: 498.2kcal (24.91%), Fat: 21.68g (33.35%), Saturated Fat: 7.79g (48.68%), Carbohydrates: 71.99g (24%), Net Carbohydrates: 69.68g (25.34%), Sugar: 51.69g (57.44%), Cholesterol: 77.99mg (26%), Sodium: 456.79mg (19.86%), Alcohol: 0.64g (100%), Alcohol %: 0.43% (100%), Caffeine: 8.5mg (2.83%), Protein: 8.14g (16.28%), Manganese: 0.59mg (29.6%), Selenium: 14.89µg (21.27%), Copper: 0.39mg (19.64%), Phosphorus: 190.24mg (19.02%), Vitamin B2: 0.3mg (17.88%), Iron: 3.21mg (17.81%), Calcium: 158.07mg (15.81%), Vitamin A: 738.54IU (14.77%), Vitamin B1: 0.22mg (14.44%), Magnesium: 50.54mg (12.63%), Folate: 47.68µg (11.92%), Zinc: 1.69mg (11.29%), Fiber: 2.31g (9.25%), Vitamin B12: 0.55µg (9.2%), Vitamin D: 1.13µg (7.53%), Potassium: 248.12mg (7.09%), Vitamin B3: 1.39mg (6.97%), Vitamin B5: 0.66mg (6.6%), Vitamin E: 0.74mg (4.94%), Vitamin B6: 0.09mg (4.35%), Vitamin K: 1.35µg (1.29%)