



WHATSheATE



Boston Cream Pie III

READY IN



180 min.

SERVINGS



6

CALORIES



586 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter
- ☐ 2 cups cake flour
- ☐ 6 servings warm chocolate glaze
- ☐ 0.5 cup confectioners' sugar
- ☐ 3 egg yolks
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce chocolate unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water hot
- ☐ 1 cup sugar white

Equipment

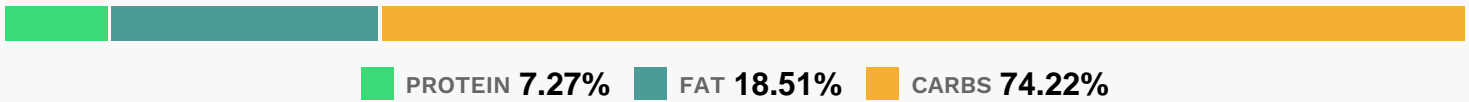
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ double boiler
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease and flour 2 – 8 inch round cake pans and line bottoms with rounds of parchment paper. Sift together the cake flour, baking powder and salt; set aside.
- ☐ In a large bowl, cream together 1/2 cup butter and 1 cup sugar until light and fluffy.
- ☐ Add the eggs one at a time, beating well with each addition, then stir in 1 teaspoon vanilla.
- ☐ Add the flour mixture alternately with 3/4 cup milk.
- ☐ Mix only enough to blend thoroughly; do not overmix.
- ☐ Divide the batter between 2 – 8 inch pans.
- ☐ Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

- ☐ To make the Pastry Cream Filling: In a small saucepan, heat 1 cup milk to the boiling point and remove from heat. In a heatproof mixing bowl, beat 3 egg yolks until smooth. Gradually add 1/2 cup sugar and continue beating until pale yellow. Beat in 1/4 cup flour.
- ☐ Pour the hot milk into the egg yolk mixture in steady stream, beating constantly. When all the milk has been added, place the bowl over a pan of boiling water so that the bowl is not touching the water, or pour the mixture into the top of a double boiler.
- ☐ Heat, stirring constantly, until thickened. Cook 2 minutes more, then remove from the heat. Stir in 1 tablespoon butter and 1 teaspoon vanilla.
- ☐ Let cool.
- ☐ To make the Glaze: In the top of a double boiler, melt the chocolate with 2 tablespoons butter. When smooth, remove from the heat and beat in the confectioners sugar to make a thick paste.
- ☐ Add 1/2 teaspoon vanilla. Beat in a little of the hot water. If the glaze does not have a spreadable consistency, add more water 1 teaspoon at a time.
- ☐ To assemble the cake, spread the cooled pastry cream over one of the cake layers.
- ☐ Place second cake layer over pastry cream and spread the chocolate glaze over the top using a metal spatula. Dust top with confectioners sugar. Refrigerate any leftover cake.

Nutrition Facts



Properties

Glycemic Index:68.7, Glycemic Load:58.59, Inflammation Score:-4, Nutrition Score:11.032173916455%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 585.52kcal (29.28%), Fat: 12.29g (18.91%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 110.9g (36.97%), Net Carbohydrates: 108.97g (39.63%), Sugar: 74.04g (82.26%), Cholesterol: 156.79mg (52.26%), Sodium: 494.22mg (21.49%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Caffeine: 3.78mg (1.26%), Protein: 10.86g (21.72%), Selenium: 29.52µg (42.17%), Manganese: 0.58mg (28.95%), Phosphorus: 217.02mg (21.7%), Calcium: 203.95mg (20.39%), Vitamin B2: 0.25mg (14.49%), Copper: 0.26mg (13%), Iron: 2.2mg (12.22%), Folate: 44.83µg (11.21%), Zinc: 1.42mg (9.5%), Vitamin B12: 0.54µg (8.96%), Vitamin A: 444.72IU (8.89%), Magnesium: 35.15mg

(8.79%), Vitamin B5: 0.87mg (8.71%), Vitamin B1: 0.13mg (8.47%), Vitamin D: 1.23µg (8.18%), Fiber: 1.93g (7.72%), Potassium: 186.1mg (5.32%), Vitamin B6: 0.1mg (5.08%), Vitamin E: 0.74mg (4.93%), Vitamin B3: 0.85mg (4.26%)