



Bourbon-Chocolate Cake With Praline Frosting

READY IN



63 min.

SERVINGS



12

CALORIES



403 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 12 servings bourbon glaze
- 1 cup butter
- 0.5 cup buttermilk
- 12 servings chocolate ganache
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 2 cups sugar

- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla extract
- 1 cup water

Equipment

- sauce pan
- oven
- hand mixer
- wax paper
- metal skewers

Directions

- Grease bottoms of 3 (8-inch) round cake pans; line with wax paper. Grease and flour wax paper and sides of pans; set pans aside.
- Cook first 3 ingredients in a saucepan over low heat, stirring constantly, 3 to 5 minutes or until butter melts and mixture is smooth; remove from heat, and let cool.
- Beat buttermilk and next 3 ingredients at medium speed with an electric mixer until smooth.
- Add butter mixture to buttermilk mixture, beating until blended.
- Combine sugar, flour, and salt; gradually add to buttermilk mixture, beating until blended. (Batter will be thin.)
- Pour batter evenly into prepared pans.
- Bake at 350 for 25 to 28 minutes or until a wooden pick inserted into centers comes out clean. Cool in pans on wire racks 10 minutes.
- Remove from pans, and cool completely on wire racks. (Cake layers will appear thin.)
- Spread about 1/2 cup Chocolate Ganache between each cake layer; spread remaining Chocolate Ganache on sides of cake. (Do not frost top of cake.) Chill cake 30 minutes.
- Pour warm Praline Frosting slowly over top of cake, spreading to edges. (Cover and let stand up to 24 hours, if desired.)
- Pierce about 25 holes in top of cake using a wooden or metal skewer.
- Pour warm Bourbon Glaze over cake.

Nutrition Facts

PROTEIN 4.31% FAT 41.35% CARBS 54.34%

Properties

Glycemic Index:23.64, Glycemic Load:35.16, Inflammation Score:-5, Nutrition Score:5.6091304965641%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 402.68kcal (20.13%), Fat: 17.36g (26.71%), Saturated Fat: 10.55g (65.95%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 50.06g (18.2%), Sugar: 34.44g (38.27%), Cholesterol: 72.77mg (24.26%), Sodium: 334.51mg (14.54%), Alcohol: 5.12g (100%), Alcohol %: 5% (100%), Caffeine: 4.78mg (1.59%), Protein: 4.07g (8.15%), Selenium: 10.67µg (15.24%), Vitamin B1: 0.18mg (11.67%), Manganese: 0.22mg (11.18%), Folate: 43.71µg (10.93%), Vitamin A: 534.23IU (10.68%), Vitamin B2: 0.18mg (10.51%), Iron: 1.42mg (7.89%), Phosphorus: 67.28mg (6.73%), Vitamin B3: 1.3mg (6.51%), Copper: 0.12mg (6.05%), Fiber: 1.28g (5.12%), Magnesium: 17.27mg (4.32%), Vitamin E: 0.55mg (3.67%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.28mg (2.83%), Calcium: 27.39mg (2.74%), Vitamin B12: 0.15µg (2.54%), Potassium: 83.44mg (2.38%), Vitamin D: 0.3µg (1.98%), Vitamin B6: 0.03mg (1.51%), Vitamin K: 1.55µg (1.48%)