



Buttermilk-Mexican Chocolate Pound Cake

READY IN



15 min.

SERVINGS



12

CALORIES



541 kcal

DESSERT

Ingredients

- 8 oz bittersweet chocolate chopped
- 0.3 teaspoon baking soda
- 1 cup butter softened
- 1 cup buttermilk
- 0.5 cup chocolate syrup
- 4 large eggs
- 2.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 12 servings powdered sugar

- 0.1 teaspoon salt
- 1.5 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- microwave
- kugelhopf pan

Directions

- Microwave chocolate baking squares in a microwave–safe bowl at HIGH 1 minute and 15 seconds or until chocolate is melted and smooth, stirring every 15 seconds.
- Beat butter at medium speed with an electric mixer 2 minutes or until creamy. Gradually add sugar, beating 5 to 7 minutes or until light and fluffy.
- Add eggs, 1 at a time, beating just until yellow disappears after each addition. Stir in melted chocolate, chocolate syrup, and vanilla until smooth.
- Combine flour and next 3 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- Pour batter into a greased and floured 10–inch tube pan or a 12–cup Bundt pan.
- Bake at 325 for 1 hour and 10 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan to a wire rack, and let cool 1 hour and 30 minutes or until completely cool.
- Garnish, if desired.
- *2 (4–oz.) packages Mexican chocolate, chopped, may be substituted for semisweet chocolate baking squares. Omit ground cinnamon, and proceed with recipe as directed. For testing purposes only, we used Nestl Abuelita Mexican Chocolate.

Nutrition Facts

PROTEIN 5.16% FAT 41.8% CARBS 53.04%

Properties

Glycemic Index:19.26, Glycemic Load:32.14, Inflammation Score:-5, Nutrition Score:10.233913029828%

Nutrients (% of daily need)

Calories: 541.08kcal (27.05%), Fat: 25.31g (38.94%), Saturated Fat: 14.9g (93.09%), Carbohydrates: 72.26g (24.09%), Net Carbohydrates: 69.54g (25.29%), Sugar: 47.13g (52.37%), Cholesterol: 106mg (35.33%), Sodium: 225.24mg (9.79%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Caffeine: 17mg (5.67%), Protein: 7.03g (14.05%), Manganese: 0.54mg (27.12%), Selenium: 16.85µg (24.06%), Copper: 0.36mg (17.92%), Iron: 3.01mg (16.74%), Vitamin B2: 0.27mg (15.78%), Vitamin B1: 0.23mg (15.25%), Phosphorus: 148.18mg (14.82%), Folate: 57.33µg (14.33%), Magnesium: 51.78mg (12.94%), Vitamin A: 606.16IU (12.12%), Fiber: 2.72g (10.87%), Vitamin B3: 1.78mg (8.91%), Zinc: 1.09mg (7.28%), Potassium: 220.65mg (6.3%), Calcium: 58.01mg (5.8%), Vitamin B5: 0.53mg (5.26%), Vitamin B12: 0.31µg (5.11%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.59µg (3.96%), Vitamin K: 3.04µg (2.89%), Vitamin B6: 0.06mg (2.77%)