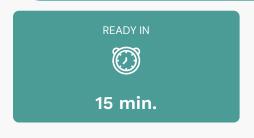


# **Buttermilk-Mexican Chocolate Pound Cake**







DESSERT

## **Ingredients**

8 oz bittersweet chocolate c	hopped
O.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

	O.1 teaspoon salt
	1.5 cups sugar
	2 teaspoons vanilla extract
Eq	uipment
	bowl
	frying pan
	oven
	wire rack
	hand mixer
	microwave
	kugelhopf pan
Di	rections
	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%)