



Caffè Borgia Cake

READY IN



45 min.

SERVINGS



16

CALORIES



393 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 lb butter
- 2 large eggs
- 2 cups flour all-purpose
- 0.3 cup orange-flavor liqueur
- 1 cup heavy whipping cream sour
- 3.3 cups sugar
- 2 ounces chocolate unsweetened melted

0.3 cup cocoa unsweetened

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- cake form
- skewers

Directions

- In a bowl, beat 1 cup butter, 1 1/3 cups sugar, cocoa, and chocolate with a mixer until fluffy.
- Add eggs and sour cream. Beat until well mixed.
- Mix together soda, baking powder, and 2 cups flour. Stir into batter, then beat to blend well.
- Butter and flour-dust a 10- to 12-cup tube pan. Scrape batter into pan and spread level.
- Bake in a 325 oven until cake just begins to pull from pan sides and center springs back when lightly pressed, about 1 hour.
- Meanwhile, in a 1 1/2- to 2-quart pan over high heat, stir 2 cups sugar with 1 cup water until sugar dissolves.
- Remove syrup from heat and add liqueur.
- Run a knife blade between cake and pan.
- Let cake cool in pan on a rack for about 10 minutes; invert cake onto rack, then tip cake back into pan. With a thin skewer, pierce cake to pan, making holes an inch apart. Slowly pour syrup over cake.
- Let cool about 1 1/2 hours.
- Dip cake pan in hot water almost to rim; wipe pan dry. Invert cake onto a plate.

Nutrition Facts



■ PROTEIN 3.61% ■ FAT 38.57% ■ CARBS 57.82%

Properties

Glycemic Index:14.82, Glycemic Load:37.81, Inflammation Score:-5, Nutrition Score:5.8578261240669%

Flavonoids

Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epicatechin: 7.67mg, Epicatechin: 7.67mg, Epicatechin: 7.67mg, Epicatechin: 7.67mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 392.77kcal (19.64%), Fat: 17.13g (26.36%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 57.78g (19.26%), Net Carbohydrates: 56.28g (20.46%), Sugar: 43.78g (48.64%), Cholesterol: 31.73mg (10.58%), Sodium: 223.2mg (9.7%), Alcohol: 1.28g (100%), Alcohol %: 1.58% (100%), Caffeine: 7.2mg (2.4%), Protein: 3.61g (7.21%), Manganese: 0.31mg (15.58%), Vitamin A: 630.34IU (12.61%), Selenium: 8.49µg (12.13%), Copper: 0.2mg (10%), Iron: 1.71mg (9.52%), Vitamin B1: 0.14mg (9.06%), Vitamin B2: 0.15mg (8.85%), Folate: 33.96µg (8.49%), Phosphorus: 75.98mg (7.6%), Magnesium: 24.59mg (6.15%), Fiber: 1.51g (6.03%), Calcium: 52.41mg (5.24%), Vitamin B3: 1.03mg (5.14%), Zinc: 0.68mg (4.51%), Vitamin E: 0.58mg (3.9%), Potassium: 101.49mg (2.9%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.1µg (1.67%), Vitamin B6: 0.03mg (1.36%)