



Caramel Peanut Fudge Cake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



459 kcal

DESSERT

Ingredients

- 100 g almonds finely
- 25 g cocoa powder
- 300 g cocoa powder 70%
- 500 ml cup heavy whipping cream
- 6 egg whites separated
- 150 g peanuts coarsely chopped
- 1 Tbs rum
- 150 g sugar

2 Tbs water

Equipment

bowl

baking paper

oven

whisk

toothpicks

cake form

Directions

For the sponge, beat egg yolks with sugar for 3–4 minutes until the mixture doubles in volume and becomes pale yellow.

Whisk the egg whites until soft peaks form. Fold the egg whites gently into the egg yolks cream. Gently stir in almonds and cocoa. Lightly butter and flour a 20 round cake pan, line with parchment paper.

Pour in the sponge mixture

Bake in preheated oven at 180C for about 20 minutes or until done (the trick with a toothpick). Leave the cake to cool completely in the cake pan, then carefully remove it and split into two layers. For the caramel cream heat sugar and water over medium heat and cook, stirring occasionally, until the sugar dissolves and comes to a boil. Continue cooking, but without stirring, until mixture becomes golden amber in color.

Remove from flame and set aside. Whip the cream, gradually stir in the caramel syrup.

Add peanuts, stir and combine.

Mixture must be smooth (at first it will foam up a little).

Transfer the cream to a bowl to cool down to room temperature and thicken. For the ganache bring the cream just to a boil over medium–high heat; pour over chocolate.

Let stand 10 minutes. Stir very gently for 3–4 minutes until smooth and glossy, incorporating the cream steadily, without overworking. Cool ganache for an hour or until completely chilled, then beat for 2–3 minutes or until it becomes fluffy and lighter in color. Do not overbeat because it will become too thick and not spreadable. To assemble the cake, first sprinkle each cake layer with half of the rum and water syrup.

Spread the caramel cream over the bottom layer, cover with the top layer (wet side down).Immediately spread ganache over top and sides of cake.

Nutrition Facts

PROTEIN 11.73% **FAT 58.67%** **CARBS 29.6%**

Properties

Glycemic Index:10.93, Glycemic Load:10.7, Inflammation Score:-9, Nutrition Score:23.531739130435%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 21.19mg, Catechin: 21.19mg, Catechin: 21.19mg, Catechin: 21.19mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 63.9mg, Epicatechin: 63.9mg, Epicatechin: 63.9mg, Epicatechin: 63.9mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Taste

Sweetness: 58.08%, Saltiness: 24.33%, Sourness: 2.78%, Bitterness: 2.22%, Savoriness: 11.79%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 459.09kcal (22.95%), Fat: 35.12g (54.03%), Saturated Fat: 15.72g (98.24%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 25.15g (9.15%), Sugar: 17.57g (19.52%), Cholesterol: 56.84mg (18.95%), Sodium: 54mg (2.35%), Alcohol: 0.5g (2.78%), Caffeine: 74.75mg (24.92%), Protein: 15.8g (31.61%), Manganese: 1.87mg (93.74%), Copper: 1.48mg (74.06%), Fiber: 14.7g (58.8%), Magnesium: 222.91mg (55.73%), Phosphorus: 376.78mg (37.68%), Iron: 5.55mg (30.82%), Vitamin B2: 0.39mg (22.89%), Potassium: 756.35mg (21.61%), Vitamin E: 3.06mg (20.37%), Zinc: 2.97mg (19.81%), Vitamin B3: 3.51mg (17.55%), Selenium: 11.34µg (16.19%), Vitamin A: 739.49IU (14.79%), Folate: 53.53µg (13.38%), Calcium: 119.1mg (11.91%), Vitamin B1: 0.16mg (10.53%), Vitamin B6: 0.12mg (6.14%), Vitamin B5: 0.56mg (5.57%), Vitamin D: 0.8µg (5.37%), Vitamin K: 2.42µg (2.31%), Vitamin B12: 0.1µg (1.61%)