



Chockablock Chocolate Cakes with Warm Macadamia Nut Goo

 Vegetarian

READY IN



72 min.

SERVINGS



20

CALORIES



335 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 2.3 teaspoons baking soda
- ☐ 1.1 cups cocoa powder
- ☐ 3 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.7 cup heavy cream
- ☐ 0.5 cup macadamia nuts toasted roughly chopped

- ☐ 1.5 cups milk
- ☐ 1.5 teaspoons salt
- ☐ 1.3 cups sugar
- ☐ 3 cups sugar
- ☐ 0.5 cup coconut or sweetened flaked toasted
- ☐ 1 tablespoon vanilla extract pure
- ☐ 0.8 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 1.5 cups very water hot

Equipment

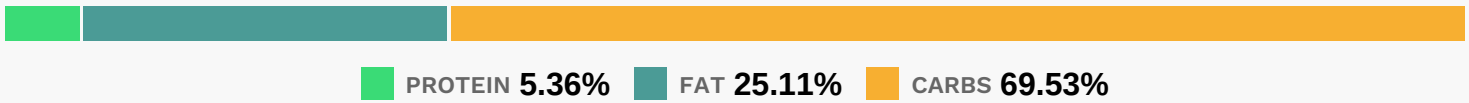
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Special equipment: A large sheet pan with sides, about 13 by 17 inches Parchment or waxed paper A 2-inch (approximately) round biscuit or cookie cutter
- ☐ Heat the oven to 350 degrees F. Grease a sheet pan and line the bottom and sides with parchment or waxed paper.
- ☐ Sift together the 3 cups sugar, flour, cocoa, baking powder, baking soda, and salt.
- ☐ Transfer to a mixer fitted with a whisk attachment (or use a hand mixer) and blend briefly.

- ☐ Whisk together the eggs, milk, oil, and vanilla extract in a medium bowl.
- ☐ Add to the dry ingredients and mix at low speed for 5 minutes. Gradually add the hot water, mixing at low speed just until combined. The batter will be quite thin.
- ☐ Pour the batter into the pan.
- ☐ Bake until a tester inserted in the center of the cake comes out clean (a few crumbs are okay) and the center feels firm to the touch, 25 to 30 minutes.
- ☐ Let cool in the pan. Chill, covered, until ready to cut the cake.
- ☐ Pour the 1 1/4 cups sugar into the center of a deep saucepan. Carefully pour the water around the walls of the pan, trying not to splash any sugar onto the walls. Do not stir; gently draw your finger twice through the center of the sugar, making a cross, to moisten it. Over high heat, bring to a full boil and cook without stirring, swirling the pan occasionally to even out the color, until medium caramel in color, 5 to 10 minutes. Immediately turn off the heat and use a wooden spoon to slowly and carefully stir in the cream (it will bubble up and may splatter). Stir in the macadamia and coconut. Set aside.
- ☐ When ready to serve, cut rounds of the chilled cake with a biscuit or cookie cutter, 2 to 3 inches in diameter. If the cake seems to be sticking, dip your cutter in cocoa powder between cuts.
- ☐ If the sauce has cooled, rewarm it over low heat (or in a microwave) until softened.
- ☐ Place a cake on each plate, and drizzle with caramel sauce.
- ☐ Place another round of cake on top and drizzle lightly with more caramel sauce.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:39.61, Inflammation Score:-4, Nutrition Score:7.2734782533801%

Flavonoids

Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epicatechin: 9.5mg, Epicatechin: 9.5mg, Epicatechin: 9.5mg, Epicatechin: 9.5mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 334.92kcal (16.75%), Fat: 9.81g (15.1%), Saturated Fat: 4g (25.02%), Carbohydrates: 61.14g (20.38%), Net Carbohydrates: 58.39g (21.23%), Sugar: 44.7g (49.67%), Cholesterol: 35.71mg (11.9%), Sodium: 372.85mg (16.21%), Alcohol: 0.22g (100%), Alcohol %: 0.21% (100%), Caffeine: 11.13mg (3.71%), Protein: 4.71g (9.43%), Manganese: 0.47mg (23.4%), Selenium: 9.85µg (14.07%), Vitamin B1: 0.19mg (12.91%), Copper: 0.25mg (12.63%), Fiber: 2.75g (11.01%), Phosphorus: 108.54mg (10.85%), Vitamin B2: 0.18mg (10.67%), Iron: 1.82mg (10.12%), Magnesium: 37.32mg (9.33%), Folate: 36.85µg (9.21%), Calcium: 70.99mg (7.1%), Vitamin B3: 1.25mg (6.25%), Zinc: 0.7mg (4.63%), Potassium: 157.95mg (4.51%), Vitamin A: 181.91IU (3.64%), Vitamin K: 3.51µg (3.34%), Vitamin D: 0.46µg (3.07%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.17µg (2.84%), Vitamin B6: 0.05mg (2.42%), Vitamin E: 0.32mg (2.12%)