



Chocoflan



Vegetarian

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READY IN

ready

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140 min.

SERVINGS

servings

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10

CALORIES

calories

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591 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 10 servings butter softened
- ☐ 10 tablespoons butter room temperature
- ☐ 1.3 cups buttermilk
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.3 cup cocoa powder
- ☐ 4 ounces cream cheese room temperature

- ☐ 1 eggs room temperature
- ☐ 3 eggs
- ☐ 12 ounce evaporated milk canned
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup pecans chopped
- ☐ 1 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stand mixer
- ☐ kugelhopf pan

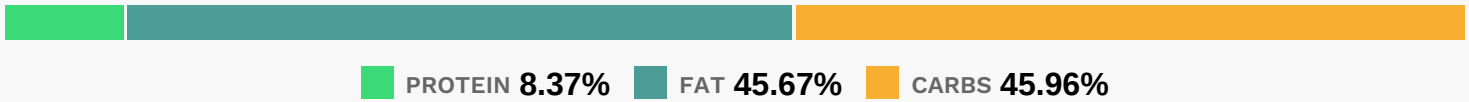
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 12-cup capacity Bundt pan
- ☐ Put an oven rack in the middle of the oven and preheat to 350 degrees F.
- ☐ Coat a Bundt pan with a little butter, then coat the bottom with 1/4 cup cajeta and put it in a large roasting pan. (The roasting pan will serve as a water bath during baking.)
- ☐ Add the butter and sugar to a bowl and using an electric hand mixer or stand mixer, beat until light and fluffy, then beat in the egg. Sift together the flour, baking powder, baking soda and

cocoa in a medium bowl. Beat 1/3 of the flour mixture, and 1/2 of the buttermilk into the egg mixture. Repeat, ending with the flour mixture. Blend until well incorporated.

- ☐ For the flan: In a blender, combine the evaporated milk, condensed milk, cream cheese, eggs and vanilla. Blend on high for 30 seconds.
- ☐ Scoop the cake batter into the prepared Bundt pan and spreading evenly. Slowly pour the flan mixture over the cake batter. Cover with foil and add about 1-inch of hot water to the roasting pan.
- ☐ Carefully slide the pan into the oven, and bake 1 hour, until the surface of the cake is firm to the touch, or an inserted toothpick comes out clean. When cake is done, remove from the water bath and cool completely to room temperature, about 1 hour.
- ☐ Invert a large, rimmed serving platter over the Bundt pan, grasp tightly together, jiggle a little and flip over.
- ☐ Remove the pan and scrape any remaining cajeta from the pan onto the cake, garnish with chopped pecans and serve!

Nutrition Facts



Properties

Glycemic Index:46.61, Glycemic Load:39.93, Inflammation Score:-6, Nutrition Score:13.51913043727%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 591.11kcal (29.56%), Fat: 30.64g (47.13%), Saturated Fat: 17.35g (108.45%), Carbohydrates: 69.35g (23.12%), Net Carbohydrates: 67.44g (24.52%), Sugar: 50.54g (56.15%), Cholesterol: 144.44mg (48.15%), Sodium: 435.24mg (18.92%), Alcohol: 0.45g (100%), Alcohol %: 0.27% (100%), Caffeine: 6.59mg (2.2%), Protein: 12.64g (25.27%), Vitamin B2: 0.56mg (32.98%), Selenium: 22.46µg (32.08%), Phosphorus: 307.58mg (30.76%), Calcium: 291.02mg (29.1%), Manganese: 0.4mg (20.01%), Vitamin A: 965.53IU (19.31%), Vitamin B1: 0.27mg (17.9%), Folate: 60.11µg (15.03%), Magnesium: 47.93mg (11.98%), Potassium: 418.91mg (11.97%), Vitamin B5: 1.12mg (11.2%), Iron: 2mg

(11.11%), Copper: 0.21mg (10.44%), Zinc: 1.53mg (10.17%), Vitamin B12: 0.59µg (9.85%), Vitamin B3: 1.6mg (8%), Fiber: 1.91g (7.65%), Vitamin E: 0.92mg (6.13%), Vitamin D: 0.86µg (5.7%), Vitamin B6: 0.1mg (5.2%), Vitamin K: 2.39µg (2.27%), Vitamin C: 1.74mg (2.1%)