



## Chocoholic's Deep Dark Dream Chiffon Cake

READY IN



45 min.

SERVINGS



16

CALORIES



342 kcal

DESSERT

### Ingredients

- 1 cup flour
- 2 teaspoons double-acting baking powder
- 0.3 cup butter
- 2 tablespoons butter
- 3.5 ounces chocolate (dark cut into small pieces)
- 0.3 cup cocoa powder (dark)
- 0.3 cup heavy whipping cream
- 0.5 cup heavy whipping cream
- 0.3 teaspoon cream of tartar

- 0.8 dutch-processed cocoa powder dark
- 6 egg whites
- 5 egg yolk beaten
- 2 cups powdered sugar
- 0.5 teaspoon salt
- 1 cup sugar
- 1 cup sugar
- 0.5 teaspoon vanilla
- 1 cup vegetable oil
- 0.7 cup water boiling

## Equipment

- oven
- knife
- mixing bowl
- double boiler
- hand mixer
- wooden spoon
- microwave
- skewers

## Directions

- Cake: In a bowl add the cocoa and pour in the boiling water. Stir to combine and let cool. In a large mixing bowl combine the flour, 1 cup sugar, baking powder and salt. In a separate bowl add the 6 egg whites and cream of tartar. With an electric mixer beat the egg whites until soft peaks form, gradually add the 1/3 cup sugar and beat until firm but not dry. Make a well in the dry ingredients.
- Add the oil, egg yolks, vanilla and cooled cocoa. Beat until smooth.
- Mix in about a 1/4 of the egg whites to loosen the batter and then fold in the remainder of the egg whites.

- Pour into 2–8 inch prepared cake pans and bake at a preheated 350 F oven for 30–35 minutes. The cake is done when a wooden skewer inserted in the center comes out clean. Filling: With an electric mixer, blend the sugar, cocoa and butter, add the vanilla and cream.
- Mix and add more cream to obtain the desired texture. Topping: In a double boiler or microwave bring the cream to just below the boiling point.
- Add the chocolate pieces and butter, and with a wooden spoon stir to blend. Allow to cool, this will thicken the ganache for the topping. Assembly: With a long knife, slice the cakes in the center to obtain 4 layers in all.
- Sprinkle some Kirsch or other favourite liqueur on the first layer of cake and spread a thin layer of the filling.
- Place raspberry halves on the filling and place a second layer of cake on top. Continue in the same manner until the remaining 2 layer are filled, leaving the top layer to be iced with the ganache topping.

## Nutrition Facts



## Properties

Glycemic Index: 28.11, Glycemic Load: 23.34, Inflammation Score: -3, Nutrition Score: 4.7347826086957%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 342.36kcal (17.12%), Fat: 15.03g (23.12%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 51.17g (17.06%), Net Carbohydrates: 50.1g (18.22%), Sugar: 43.31g (48.13%), Cholesterol: 84.74mg (28.25%), Sodium: 186.64mg (8.11%), Caffeine: 7.29mg (2.43%), Protein: 3.8g (7.61%), Selenium: 9.05µg (12.93%), Vitamin B2: 0.17mg (9.79%), Vitamin A: 377.48IU (7.55%), Manganese: 0.14mg (7.2%), Phosphorus: 70.09mg (7.01%), Folate: 24.2µg (6.05%), Vitamin K: 6.23µg (5.93%), Copper: 0.11mg (5.62%), Iron: 0.98mg (5.45%), Calcium: 51.26mg (5.13%), Vitamin B1: 0.08mg (5.1%), Magnesium: 18.32mg (4.58%), Fiber: 1.07g (4.27%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.48µg (3.22%), Vitamin B3: 0.56mg (2.78%), Zinc: 0.41mg (2.75%), Vitamin B5: 0.27mg (2.66%), Potassium: 92.65mg (2.65%), Vitamin B12: 0.15µg (2.44%), Vitamin B6: 0.03mg (1.6%)