



Chocolate-Bourbon Cake

READY IN



45 min.

SERVINGS



16

CALORIES



524 kcal

DESSERT

Ingredients

- 12 ounces bittersweet chocolate coarsely chopped
- 0.5 cup bourbon
- 8 ounces butter cut into pieces
- 2.5 tablespoons cocoa powder divided
- 16 servings dave's vanilla and coffee syrup
- 5 large eggs
- 1.5 tablespoons flour all-purpose
- 16 servings hazelnuts
- 1.3 cups sugar

16 servings water hot

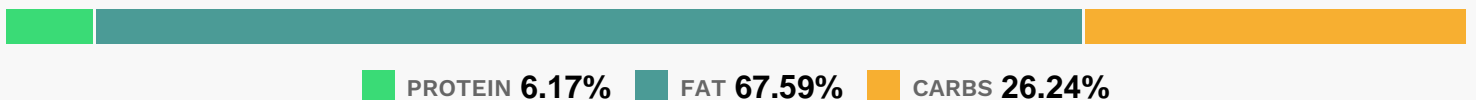
Equipment

- sauce pan
- baking paper
- oven
- roasting pan
- cake form

Directions

- Preheat oven to 37
- Grease a 9- x 2-inch cake pan, line the bottom with parchment paper, and set aside.
- Combine bourbon and sugar in a large saucepan; bring mixture to a boil.
- Remove from heat, and add chocolate and butter, stirring until smooth. Set aside, and let cool to room temperature.
- Beat in eggs, one at a time, until very well blended. Fold in flour and 1 1/2 tablespoons cocoa powder.
- Pour batter into prepared cake pan. Set pan in a large roasting pan filled to depth of 1 inch with hot water.
- Bake at 375 for 1 hour and 15 minutes, basting with Coffee-Bourbon Syrup every 15 minutes after a crust has developed on cake's surface.
- Cool cake; cover and refrigerate 6 hours or overnight.
- Transfer cake onto a serving plate, and dust with remaining 1 tablespoon cocoa powder. Top with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:20.32, Glycemic Load:13.01, Inflammation Score:-6, Nutrition Score:16.177826228349%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 524kcal (26.2%), Fat: 39.53g (60.82%), Saturated Fat: 13.86g (86.63%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 29.62g (10.77%), Sugar: 26.29g (29.21%), Cholesterol: 89.88mg (29.96%), Sodium: 127.98mg (5.56%), Alcohol: 2.51g (100%), Alcohol %: 0.92% (100%), Caffeine: 20.08mg (6.69%), Protein: 8.12g (16.23%), Manganese: 2.18mg (108.77%), Copper: 0.86mg (43.2%), Vitamin E: 5.12mg (34.13%), Magnesium: 94.94mg (23.73%), Fiber: 4.92g (19.68%), Phosphorus: 183.45mg (18.35%), Iron: 3.18mg (17.68%), Vitamin B1: 0.21mg (14.22%), Selenium: 7.9µg (11.29%), Folate: 43.21µg (10.8%), Zinc: 1.6mg (10.67%), Potassium: 362.91mg (10.37%), Vitamin B6: 0.2mg (10.22%), Vitamin A: 455.23IU (9.1%), Vitamin B2: 0.13mg (7.62%), Calcium: 67.96mg (6.8%), Vitamin K: 6.85µg (6.53%), Vitamin B5: 0.6mg (5.99%), Vitamin B3: 0.8mg (3.98%), Vitamin B12: 0.2µg (3.36%), Vitamin C: 1.89mg (2.29%), Vitamin D: 0.31µg (2.08%)