



Chocolate Bourbon Pecan Cake

READY IN



65 min.

SERVINGS



12

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.5 cup butter
- ☐ 3 eggs separated
- ☐ 0.3 cup flour
- ☐ 1 cup heavy cream
- ☐ 1.5 cups pecans chopped
- ☐ 1.3 cups semi chocolate chips
- ☐ 0.5 cup sugar

Equipment

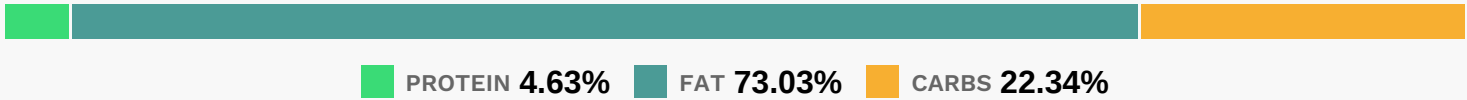
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ pot
- ☐ double boiler
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Grease and flour a 9-inch springform pan. Melt the chocolate and butter in a small bowl over a double boiler.
- ☐ Remove from heat, and set pot aside leaving the bowl on top of pot.
- ☐ Whisk egg yolks and 1/2 of the sugar in a metal mixing bowl.
- ☐ Place bowl over slightly simmering water, and whisk until yolks reach 140 degrees F.
- ☐ Remove bowl from heat and beat egg and sugar mixture with an electric mixer to a ribbon stage.
- ☐ Add the Bourbon to the chocolate mixture, then fold the yolk and sugar mixture into the chocolate mixture.
- ☐ Mix flour with pecans and fold into chocolate mixture.
- ☐ Using an electric mixer, beat egg whites and the remaining sugar to form soft peaks, then fold into chocolate mixture.
- ☐ Pour batter into prepared pan and bake for 20 to 25 minutes. Allow cake to cool in pan and then place in the freezer for at least 2 hours. Once it's frozen, remove sides of springform pan. Invert cake onto a wire rack and remove bottom of springform pan.

- ☐
- Prepare ganache by bringing heavy cream to a boil and pouring cream over chocolate chips in a bowl.
- ☐
- Whisk until completely smooth. Set wire rack with cake on top of sheetpan.
- ☐
- Pour warm lukewarm ganache over cake, coating cake completely, recoating if necessary. Gently jiggle wire rack to help drain excess ganache.
- ☐
- Remove cake from wire rack with spatula and place on a serving plate.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:7.32, Inflammation Score:-5, Nutrition Score:8.6282608547936%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 406.8kcal (20.34%), Fat: 32.92g (50.65%), Saturated Fat: 14.74g (92.15%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 19.78g (7.19%), Sugar: 16.37g (18.19%), Cholesterol: 84.79mg (28.26%), Sodium: 83.85mg (3.65%), Alcohol: 1.67g (100%), Alcohol %: 2.39% (100%), Caffeine: 16.13mg (5.38%), Protein: 4.7g (9.39%), Manganese: 0.88mg (44.19%), Copper: 0.41mg (20.65%), Magnesium: 52.96mg (13.24%), Phosphorus: 125.06mg (12.51%), Vitamin A: 604.32IU (12.09%), Fiber: 2.88g (11.51%), Iron: 1.87mg (10.39%), Selenium: 7.09µg (10.13%), Zinc: 1.33mg (8.89%), Vitamin B1: 0.13mg (8.37%), Vitamin B2: 0.13mg (7.78%), Potassium: 201.52mg (5.76%), Vitamin E: 0.82mg (5.47%), Calcium: 43.16mg (4.32%), Vitamin B5: 0.41mg (4.15%), Vitamin D: 0.54µg (3.58%), Folate: 14.01µg (3.5%), Vitamin B6: 0.06mg (3.11%), Vitamin K: 3.16µg (3.01%), Vitamin B12: 0.18µg (2.99%), Vitamin B3: 0.5mg (2.48%)