



Chocolate Cake with Ganache and Praline Topping

READY IN



45 min.

SERVINGS



8

CALORIES



575 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup buttermilk
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 0.3 cup natural cocoa powder unsweetened
- ☐ 0.8 cup brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 0.3 cup heavy whipping cream

- ☐ 1 cup pecans toasted chopped
- ☐ 0.8 cup powdered sugar
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup sugar
- ☐ 3 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water boiling

Equipment

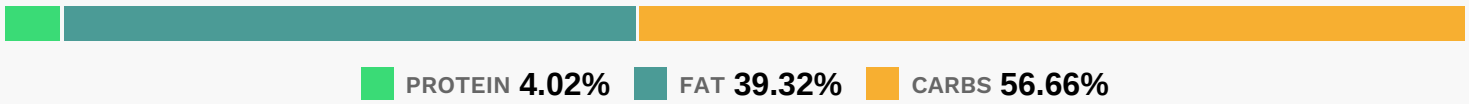
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch cake pan with nonstick spray. Line with parchment. Spray parchment. Dust with flour, tapping out any excess.
- ☐ Place butter and cocoa powder in medium bowl.
- ☐ Pour 1/2 cup boiling water over; stir.
- ☐ Let stand 2 minutes; whisk until blended.
- ☐ Whisk flour, sugar, baking soda, and coarse salt in another medium bowl.
- ☐ Whisk buttermilk, egg, and vanilla in large bowl. Gradually whisk cocoa mixture into buttermilk mixture; whisk until smooth.
- ☐ Add flour mixture in 3 additions, whisking to blend between additions (batter will be thin).
- ☐ Pour batter into prepared pan.

- ☐ Bake cake until tester inserted into center comes out clean, about 30 minutes. Cool in pan 10 minutes. Run knife around pan edges to release cake. Invert onto rack; remove pan and parchment. Cool completely.
- ☐ Place chocolate and cream in microwave-safe bowl.
- ☐ Heat in microwave in 15-second intervals, stirring occasionally, until melted and smooth. Stir in butter.
- ☐ Let stand until spreadable, about 30 minutes.
- ☐ Spread over top and sides of cake.
- ☐ Transfer cake to plate. Chill 2 hours and up to 1 day.
- ☐ Stir first 3 ingredients in heavy large saucepan over medium-high heat until butter melts. Boil 1 minute without stirring.
- ☐ Remove from heat; whisk in sugar and vanilla.
- ☐ Add pecans; stir just to incorporate. Quickly pour praline over cake.
- ☐ Spread just to edges (topping sets quickly). DO AHEAD: Can be made 1 day ahead. Cover with cake dome. Store at room temperature.

Nutrition Facts



Properties

Glycemic Index: 23.26, Glycemic Load: 26.25, Inflammation Score: -5, Nutrition Score: 11.312608800505%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 575.13kcal (28.76%), Fat: 25.92g (39.87%), Saturated Fat: 10.71g (66.93%), Carbohydrates: 84.04g (28.01%), Net Carbohydrates: 79.64g (28.96%), Sugar: 65.47g (72.75%), Cholesterol: 45.12mg (15.04%), Sodium: 170.57mg (7.42%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 25.53mg (8.51%), Protein: 5.96g (11.92%), Manganese: 1.08mg (54.15%), Copper: 0.58mg (28.84%), Magnesium: 75.61mg (18.9%), Fiber: 4.4g

(17.62%), Iron: 3.12mg (17.34%), Selenium: 10.98µg (15.68%), Phosphorus: 154.56mg (15.46%), Vitamin B1: 0.22mg (14.76%), Zinc: 1.59mg (10.62%), Vitamin B2: 0.18mg (10.32%), Folate: 36.15µg (9.04%), Potassium: 291.87mg (8.34%), Vitamin B3: 1.36mg (6.79%), Calcium: 64.71mg (6.47%), Vitamin A: 304.83IU (6.1%), Vitamin B5: 0.43mg (4.26%), Vitamin E: 0.58mg (3.86%), Vitamin B6: 0.07mg (3.42%), Vitamin D: 0.42µg (2.8%), Vitamin K: 2.81µg (2.68%), Vitamin B12: 0.15µg (2.52%)