



Chocolate Caramel Nut Cake II

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

464 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 16 fun size bars chocolate-coated caramel-peanut nougat candy
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons peanut butter
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted

- ☐ 3 teaspoons vanilla extract
- ☐ 0.3 cup water
- ☐ 2 cups sugar white

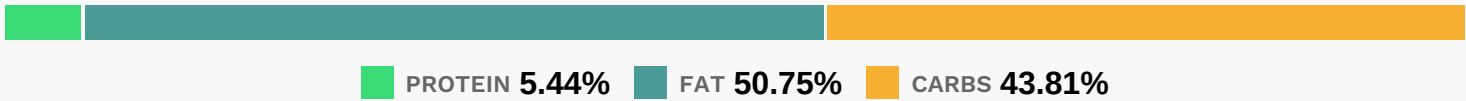
Equipment

- ☐ bowl
- ☐ oven
- ☐ double boiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour two 9 inch square cake pans.
- ☐ In the top of a double boiler, combine the cut up candy bars, water, and peanut butter.
- ☐ Heat and a stir until well melted and blended. Set mixture aside to cool.
- ☐ Mix together the flour, baking soda, and salt. Set aside.
- ☐ Separate the egg whites from the yolks. Beat the egg whites until stiff peaks are formed. Set aside.
- ☐ In a large bowl, cream butter or margarine thoroughly. Gradually add the sugar and beat in the 4 unbeaten egg yolks, vanilla, and cooled candy bar mixture.
- ☐ Mix until smooth and add 1/4 cup of the buttermilk. Stir in the flour mixture alternately with the remaining 1 cup of buttermilk, mix only until just blended. Gently fold in the stiffly beaten egg whites.
- ☐ Pour batter into prepared pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes.
- ☐ Let cakes cool in pans for 5 minutes then turn out onto a cake rack to finish cooling.
- ☐ Serve with ice cream or whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:13.32, Glycemic Load:28.67, Inflammation Score:-5, Nutrition Score:10.634782573451%

Nutrients (% of daily need)

Calories: 463.74kcal (23.19%), Fat: 26.37g (40.56%), Saturated Fat: 15.07g (94.2%), Carbohydrates: 51.22g (17.07%), Net Carbohydrates: 47.65g (17.33%), Sugar: 32.98g (36.64%), Cholesterol: 74.33mg (24.78%), Sodium: 139.5mg (6.07%), Alcohol: 0.26g (100%), Alcohol %: 0.27% (100%), Caffeine: 22.4mg (7.47%), Protein: 6.35g (12.71%), Manganese: 0.69mg (34.43%), Copper: 0.54mg (27.16%), Iron: 4.31mg (23.92%), Magnesium: 74.26mg (18.57%), Selenium: 11.65µg (16.64%), Phosphorus: 151.06mg (15.11%), Fiber: 3.57g (14.28%), Vitamin B2: 0.2mg (11.51%), Vitamin B1: 0.15mg (9.93%), Folate: 36.85µg (9.21%), Vitamin A: 455.8IU (9.12%), Zinc: 1.32mg (8.78%), Potassium: 273.71mg (7.82%), Vitamin B3: 1.52mg (7.59%), Calcium: 55.36mg (5.54%), Vitamin E: 0.81mg (5.43%), Vitamin B12: 0.29µg (4.78%), Vitamin B5: 0.46mg (4.62%), Vitamin D: 0.68µg (4.51%), Vitamin K: 3.18µg (3.03%), Vitamin B6: 0.05mg (2.62%)