



WHATShEATE



Chocolate Cherry Cake Squares

READY IN



240 min.

SERVINGS



12

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1.3 teaspoons baking soda
- ☐ 12 servings garnish: confectioners sugar
- ☐ 1.3 cups brown sugar dark packed
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips

- ☐ 1 cup butter unsalted softened
- ☐ 0.8 cup cocoa powder unsweetened (not Dutch-process)
- ☐ 1 teaspoon vanilla
- ☐ 1 cup boiling-hot water

Equipment

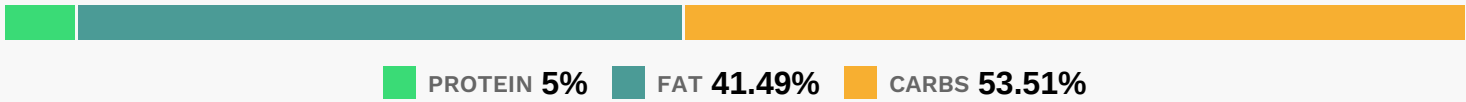
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Toss fresh or frozen cherries and any juices with granulated sugar and almond extract in a bowl and let stand at least 2 hours.
- ☐ Drain cherries, reserving 1/2 cup cherry juices.
- ☐ Preheat oven to 350°F. Butter and flour a 13- by 9-inch metal baking pan, knocking out excess flour.
- ☐ Whisk hot water and cocoa powder in a small bowl until smooth, then whisk in reserved cherry juices and vanilla.
- ☐ Sift together flour, baking soda, and salt into another bowl.
- ☐ Beat together butter and brown sugar in a large bowl with an electric mixer at medium speed until pale and fluffy, about 3 minutes, then add eggs 1 at a time, beating well after each addition.
- ☐ Add flour mixture and cocoa mixture alternately in batches, beginning and ending with flour mixture and mixing at low speed until blended (batter may look curdled).
- ☐ Stir in cherries and chocolate chips and pour batter into pan, smoothing top.
- ☐ Bake in middle of oven until a wooden pick inserted in center comes out clean, 35 to 40 minutes. Cool cake completely in pan on a rack, then cut into squares. Just before serving, dust with confectioners sugar.

·Cake can be made up to 3 days ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:19.26, Inflammation Score:-6, Nutrition Score:10.09521732123%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 497.31kcal (24.87%), Fat: 23.65g (36.39%), Saturated Fat: 14.01g (87.56%), Carbohydrates: 68.62g (22.87%), Net Carbohydrates: 64.87g (23.59%), Sugar: 46.96g (52.17%), Cholesterol: 103.57mg (34.52%), Sodium: 247.42mg (10.76%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Caffeine: 25.26mg (8.42%), Protein: 6.41g (12.82%), Manganese: 0.57mg (28.49%), Copper: 0.45mg (22.59%), Selenium: 14.79µg (21.13%), Iron: 3.13mg (17.4%), Magnesium: 62.53mg (15.63%), Fiber: 3.75g (15%), Phosphorus: 139.45mg (13.94%), Vitamin B2: 0.21mg (12.36%), Folate: 48.47µg (12.12%), Vitamin B1: 0.18mg (12.01%), Vitamin A: 570.23IU (11.4%), Zinc: 1.15mg (7.69%), Vitamin B3: 1.52mg (7.61%), Potassium: 248.45mg (7.1%), Calcium: 53.12mg (5.31%), Vitamin E: 0.72mg (4.8%), Vitamin B5: 0.46mg (4.57%), Vitamin D: 0.62µg (4.11%), Vitamin B12: 0.21µg (3.46%), Vitamin B6: 0.06mg (2.95%), Vitamin K: 2.65µg (2.52%)