



## Chocolate Custard Cake With Butterscotch Orange Frosting

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



620 kcal

DESSERT

### Ingredients

- 1.5 cups apple sauce
- 2 teaspoons baking soda
- 0.3 cup butter low-fat
- 3 tablespoons butter
- 1 teaspoon cinnamon
- 0.5 cup cocoa powder
- 2 eggs

- 2 egg yolk well beaten
- 2.5 cups flour
- 5 tablespoons cornstarch
- 0.8 cup granulated sugar
- 2 cups milk hot
- 2 tablespoons orange juice
- 1 tablespoon orange zest
- 1.3 cups powdered sugar
- 0.3 teaspoon salt
- 1 teaspoon salt
- 1 cup skim milk
- 1 tablespoon skim milk
- 1 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil

## Equipment

- bowl
- frying pan
- oven
- mixing bowl
- double boiler

## Directions

- Preheat the oven to 350F Line 2 nine-inch round cake pans and grease the sides of the pans. ( or use one designer pan and cut cake in half at the end).Sift together flour, cocoa, baking soda, cinnamon and salt; set aside.Beat together the oil and sugar in a mixing bowl.

- Add the eggs, one at a time, beating well after each addition. Blend in the vanilla and the applesauce.
- Add the dry ingredients alternately with the buttermilk to creamed mixture, beating well after each addition. Divide the batter evenly between the two pans.
- Bake for about 45 minutes or until cake is fully cooked. Custard filling:
- Mix the sugar, flour and salt, and vanilla together in a double boiler and add the hot milk gradually, stirring constantly. Cook until the mixture thickens.
- Pour a 1/4 cup over the eggs and mix thoroughly; pour back into the first mixture and cook for at least 5 more minutes while stirring constantly. (I flash freeze my custard filling to chill faster while stirring every two minutes). Orange Butterscotch frosting: In a medium bowl mix softened butter, and milk.
- Add 1/2 cup of sugar and mix thoroughly. Keep adding sugar, butter schnapps, orange juice, and rest of ingredients until it is the consistency desired.
- Cut cake in half and fill with custard.
- Drizzle with frosting.

## Nutrition Facts

**PROTEIN 5.76%** **FAT 24.27%** **CARBS 69.97%**

### Properties

Glycemic Index: 59.59, Glycemic Load: 53.95, Inflammation Score: -6, Nutrition Score: 13.366086897643%

### Flavonoids

Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg Epicatechin: 13.03mg, Epicatechin: 13.03mg, Epicatechin: 13.03mg, Epicatechin: 13.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

### Nutrients (% of daily need)

Calories: 619.95kcal (31%), Fat: 17.23g (26.5%), Saturated Fat: 8.84g (55.26%), Carbohydrates: 111.76g (37.25%), Net Carbohydrates: 107.95g (39.25%), Sugar: 72.81g (80.91%), Cholesterol: 83.43mg (27.81%), Sodium: 759.77mg (33.03%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Caffeine: 12.36mg (4.12%), Protein: 9.19g (18.39%), Selenium: 19.15µg (27.35%), Manganese: 0.54mg (27.13%), Vitamin B1: 0.39mg (25.9%), Vitamin B2: 0.39mg (23.07%), Folate: 83.86µg (20.96%), Phosphorus: 202.57mg (20.26%), Iron: 2.89mg (16.06%), Fiber: 3.81g (15.25%),

Calcium: 146.52mg (14.65%), Copper: 0.29mg (14.42%), Vitamin B3: 2.6mg (13.01%), Magnesium: 49.54mg (12.39%),  
Vitamin A: 566.31IU (11.33%), Vitamin B12: 0.63µg (10.47%), Vitamin D: 1.4µg (9.35%), Potassium: 325.14mg (9.29%),  
Zinc: 1.19mg (7.92%), Vitamin B5: 0.71mg (7.11%), Vitamin K: 6.65µg (6.34%), Vitamin B6: 0.11mg (5.6%), Vitamin E:  
0.78mg (5.18%), Vitamin C: 3.61mg (4.38%)