



Chocolate Heart Throbs

READY IN



90 min.

SERVINGS



10

CALORIES



586 kcal

SIDE DISH

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 2.3 teaspoons baking soda
- ☐ 1.1 cups cocoa powder
- ☐ 0.3 cup plus light
- ☐ 2 egg whites
- ☐ 3 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1 tablespoon powdered gelatin
- ☐ 1.5 cups milk

- ☐ 10 servings food coloring red
- ☐ 1.5 teaspoons salt
- ☐ 0.8 cup sugar
- ☐ 3 cups sugar
- ☐ 10 servings sugar red for sprinkling
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 1 tablespoon vanilla extract pure
- ☐ 0.8 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 1.5 cups very water hot
- ☐ 2 tablespoons water cold

Equipment

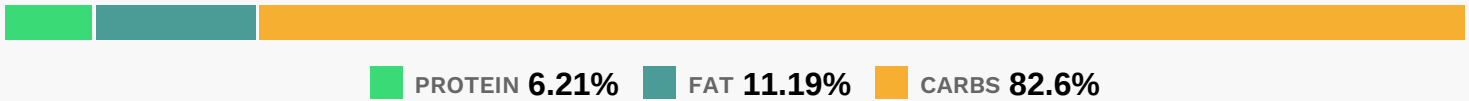
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ pastry bag
- ☐ candy thermometer

Directions

- ☐ Preheat the oven to 350 degrees F. Grease a 13 by 17-inch sheet pan and line the bottom and sides with parchment or waxed paper.
- ☐ Sift together the 3 cups of sugar, the flour, cocoa, baking powder, baking soda, and salt.
- ☐ Transfer to a mixer fitted with a whisk attachment (or use a hand mixer) and blend briefly.
- ☐ Whisk together the eggs, milk, oil, and vanilla extract in a medium bowl.

- ☐ Add to the dry ingredients and mix at low speed for 5 minutes. Gradually add the hot water, mixing at low speed just until combined. The batter will be quite thin.
- ☐ Pour the batter into the pan.
- ☐ Bake until a tester inserted in the center of the cake comes out clean (a few crumbs are okay) and the center feels firm to the touch, 25 to 30 minutes.
- ☐ Let cool in the pan. Chill, covered, until ready to cut the cake.
- ☐ With the heart cutter, cut out hearts and place them on a sheet pan.
- ☐ Combine the 1/4 cup water, the corn syrup, and the sugar in a saucepan fitted with a candy thermometer. Bring to a boil and boil to "soft-ball" stage, or about 235 degrees F.
- ☐ Meanwhile, whip the egg whites until soft peaks form.
- ☐ Sprinkle the gelatin over the 2 tablespoons water and let dissolve. When the syrup reaches 235 degrees F, remove it from the heat, add the gelatin, and mix.
- ☐ Pour the syrup into the whipped egg whites.
- ☐ Add the vanilla and add a few drops of red food coloring to turn it pink and continue whipping until stiff.
- ☐ With a large plain tip in a pastry bag, pipe marshmallow on half the cake hearts to cover the surface entirely. Top with remaining cake hearts to form sandwiches. On top of the cakes, pipe 2 teardrops in a V meeting at the bottom to form a heart.
- ☐ Sprinkle the marshmallow lightly with red sugar.

Nutrition Facts



Properties

Glycemic Index:43.43, Glycemic Load:81.83, Inflammation Score:-5, Nutrition Score:12.355217394621%

Flavonoids

Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg Epicatechin: 19mg, Epicatechin: 19mg, Epicatechin: 19mg, Epicatechin: 19mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 585.98kcal (29.3%), Fat: 7.67g (11.79%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 127.31g (42.44%), Net Carbohydrates: 122.8g (44.65%), Sugar: 95.66g (106.29%), Cholesterol: 53.5mg (17.83%), Sodium: 745.67mg (32.42%), Alcohol: 0.48g (100%), Alcohol %: 0.23% (100%), Caffeine: 22.25mg (7.42%), Protein: 9.56g (19.13%), Manganese: 0.62mg (31%), Selenium: 19.85µg (28.35%), Copper: 0.46mg (22.86%), Vitamin B1: 0.31mg (20.58%), Vitamin B2: 0.35mg (20.57%), Phosphorus: 192.22mg (19.22%), Iron: 3.33mg (18.51%), Folate: 72.66µg (18.16%), Fiber: 4.51g (18.04%), Magnesium: 63.58mg (15.9%), Calcium: 127.32mg (12.73%), Vitamin B3: 2.3mg (11.51%), Zinc: 1.28mg (8.51%), Potassium: 271mg (7.74%), Vitamin K: 6.51µg (6.2%), Vitamin B12: 0.32µg (5.34%), Vitamin B5: 0.53mg (5.27%), Vitamin D: 0.67µg (4.44%), Vitamin B6: 0.07mg (3.6%), Vitamin E: 0.45mg (3.03%), Vitamin A: 130.57IU (2.61%)