



Chocolate Mascarpone Pound Cake with Coffee Meringue Icing

 Vegetarian

READY IN



255 min.

SERVINGS



8

CALORIES



652 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon coffee extract
- 0.1 teaspoon cream of tartar
- 2 egg whites
- 2 eggs at room temperature
- 2 cups flour
- 1 cup mascarpone cheese at room temperature

- 0.5 teaspoon sea salt fine
- 0.3 cup sugar
- 1.5 cups sugar
- 1 cup butter unsalted at room temperature
- 0.8 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- blender
- loaf pan
- hand mixer
- stand mixer

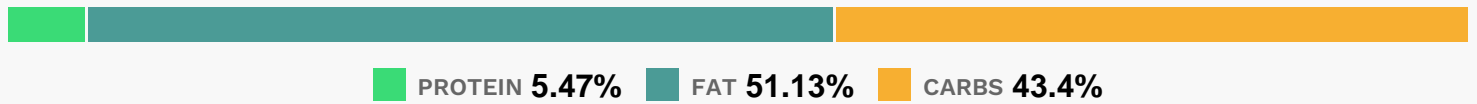
Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 325 degrees F. Spray a nonstick 9-by-5-inch loaf pan with vegetable oil cooking spray. Set aside.
- In a medium bowl, whisk together the flour, cocoa powder, baking powder, and salt. Set aside.
- In a stand mixer fitted with a paddle attachment, beat the butter and sugar on high speed until light and fluffy, about 2 minutes. Beat in the eggs, one at a time, until smooth. Gradually add the flour mixture and mix until just incorporated. Reduce the mixer speed to low and add the mascarpone and vanilla.
- Mix until incorporated.
- Transfer the batter to the prepared loaf pan and bake for 70 to 75 minutes, or until a cake tester inserted into the center of the cake comes out with a few moist crumbs attached. Cool

in the pan for 30 minutes.

- Remove the cake from the pan and cool completely on a wire rack, about 2 hours.
- For the icing: In a large bowl, using a high-powered hand mixer on medium speed, beat the egg whites until foamy.
- Add the cream of tartar and beat until the mixture forms soft peaks. Gradually beat in the sugar. With the mixer running on low speed, drizzle the coffee extract into the egg whites. Increase the speed to high and beat for 3 to 4 minutes until smooth and thick.
- Place the icing in a serving bowl.
- Cut the pound cake into thin slices and serve with a dollop of icing.

Nutrition Facts



Properties

Glycemic Index:38.4, Glycemic Load:47.98, Inflammation Score:-7, Nutrition Score:11.051304475121%

Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 652.17kcal (32.61%), Fat: 38.28g (58.89%), Saturated Fat: 23.49g (146.84%), Carbohydrates: 73.1g (24.37%), Net Carbohydrates: 69.27g (25.19%), Sugar: 44.06g (48.96%), Cholesterol: 130.05mg (43.35%), Sodium: 274.33mg (11.93%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 18.54mg (6.18%), Protein: 9.22g (18.44%), Manganese: 0.53mg (26.55%), Selenium: 17.17µg (24.53%), Vitamin A: 1162.24IU (23.24%), Copper: 0.37mg (18.42%), Vitamin B1: 0.26mg (17.18%), Folate: 66.09µg (16.52%), Vitamin B2: 0.28mg (16.2%), Iron: 2.88mg (16.02%), Fiber: 3.83g (15.31%), Phosphorus: 139.11mg (13.91%), Magnesium: 50.09mg (12.52%), Calcium: 112.53mg (11.25%), Vitamin B3: 2.05mg (10.25%), Zinc: 0.94mg (6.29%), Potassium: 199.73mg (5.71%), Vitamin E: 0.8mg (5.34%), Vitamin D: 0.65µg (4.3%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.15µg (2.55%), Vitamin K: 2.31µg (2.2%), Vitamin B6: 0.04mg (2.17%)