



Chocolate Meringue Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



566 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 0.3 cup dutch-process cocoa
- ☐ 5 large eggs separated
- ☐ 2.3 cups flour all-purpose
- ☐ 0.7 cup pecans finely chopped
- ☐ 2 cups sugar

- ☐ 1 cup coconut or sweetened flaked
- ☐ 2 teaspoons vanilla extract
- ☐ 10 servings ganache
- ☐ 10 servings meringues
- ☐ 10 servings ganache
- ☐ 10 servings meringues

Equipment

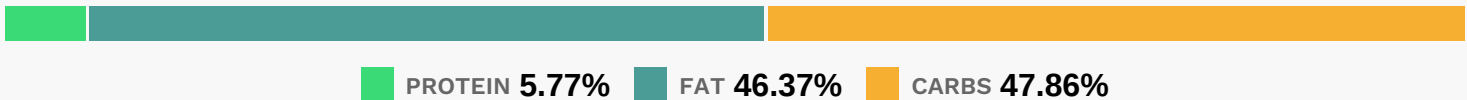
- ☐ oven
- ☐ hand mixer
- ☐ tongs

Directions

- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form; set aside.
- ☐ Beat butter at medium speed until creamy; gradually add sugar, beating well.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition.
- ☐ Combine buttermilk and vanilla.
- ☐ Combine flour, cocoa, and baking soda; add to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in coconut and pecans. Fold in beaten egg whites.
- ☐ Pour batter into 3 greased and floured 9" round cakepans.
- ☐ Bake at 350 for 19 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove cake layers to wire racks, and cool completely.
- ☐ Spread Cream Cheese Filling between layers.
- ☐ Spread Ganache on top and sides of cake, reserving 1/2 cup ganache. Mound Meringues on top of cake.
- ☐ Drizzle meringues with reserved ganache. To serve cake, remove meringues with small tongs, and serve a few meringues as a garnish with each serving.

- ☐
- " Cake Variation: For 8" cake layers, bake layers 22 minutes or until a wooden pick inserted in center comes out clean.
- ☐
- Storage Tip: Refrigerate leftover cake without meringues. Store meringues in an airtight container at room temperature.
- ☐
- Bake cake layers ahead, and freeze up to 1 month.
- ☐
- Bake meringues a day ahead, and store in tins. Prepare Cream Cheese Filling a day ahead, and store in refrigerator. Thaw cake layers at room temperature before assembling cake.

Nutrition Facts



Properties

Glycemic Index:23.61, Glycemic Load:43.85, Inflammation Score:-6, Nutrition Score:11.200434823723%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 565.94kcal (28.3%), Fat: 29.89g (45.99%), Saturated Fat: 15.82g (98.85%), Carbohydrates: 69.43g (23.14%), Net Carbohydrates: 66.33g (24.12%), Sugar: 44.83g (49.81%), Cholesterol: 144.45mg (48.15%), Sodium: 341.81mg (14.86%), Alcohol: 0.28g (100%), Alcohol %: 0.22% (100%), Caffeine: 4.95mg (1.65%), Protein: 8.37g (16.75%), Manganese: 0.69mg (34.71%), Selenium: 20.52µg (29.31%), Vitamin B1: 0.29mg (19.61%), Vitamin B2: 0.33mg (19.2%), Folate: 67.64µg (16.91%), Phosphorus: 150.18mg (15.02%), Vitamin A: 745.94IU (14.92%), Iron: 2.39mg (13.26%), Copper: 0.26mg (13.08%), Fiber: 3.09g (12.38%), Vitamin B3: 1.9mg (9.52%), Magnesium: 35.99mg (9%), Zinc: 1.17mg (7.81%), Vitamin B5: 0.7mg (7.03%), Vitamin B12: 0.37µg (6.19%), Vitamin E: 0.93mg (6.18%), Calcium: 60.53mg (6.05%), Potassium: 197.58mg (5.65%), Vitamin D: 0.81µg (5.41%), Vitamin B6: 0.08mg (4.24%), Vitamin K: 2.13µg (2.03%)