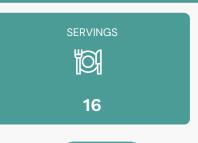


# Chocolate Peanut Butter Cake with Bittersweet Ganache







DESSERT

## **Ingredients**

1.5 teaspoons baking soda
1 ounce bittersweet chocolate
2 ounce bittersweet chocolate chopped
0.3 cup butter softened
1 tablespoon butter
1 tablespoon cake flour
8 ounces cake flour

0.5 cup brown sugar dark packed

	0.5 cup egg substitute
	0.3 cup evaporated milk fat-free
	1 cup buttermilk fat-free
	0.7 cup granulated sugar
	0.8 cup granulated sugar
	0.8 cup peanut butter and milk chocolate chips
	0.1 teaspoon salt
	0.3 teaspoon salt
	0.3 cup cup heavy whipping cream fat-free sour
	0.5 cup cocoa unsweetened
	1 teaspoon vanilla extract
	2 teaspoons vanilla extract
	0.5 cup water boiling
	2 cups non-dairy whipped topping frozen thawed reduced-calorie
Eq	uipment
Eq	uipment bowl
Eq	
Eq	bowl
<b>Eq</b>	bowl sauce pan
<b>Eq</b>	bowl sauce pan oven
<b>Eq</b>	bowl sauce pan oven knife
<b>Eq</b>	bowl sauce pan oven knife whisk
<b>Eq</b>	bowl sauce pan oven knife whisk blender
<b>Eq</b>	bowl sauce pan oven knife whisk blender wax paper
	bowl sauce pan oven knife whisk blender wax paper microwave

	PROTEIN 6.14% FAT 30.07% CARBS 63.79%		
Nutrition Facts			
	Spread ganache evenly over top of cake; let drip down sides. Chill 20 minutes or until set.		
	Place remaining cake layer on filling.		
	Place 1 cake layer on a plate; top with filling, spreading out to edges.		
	Remove from heat. Stir in 1 teaspoon vanilla; cool completely. Chill 30 minutes or until thick.		
	To prepare ganache, combine 2/3 cup granulated sugar and next 4 ingredients (through 2 ounces bittersweet chocolate) in a medium saucepan over medium heat; bring to a boil. Cook 2 minutes or until sugar dissolves and chocolate melts, stirring constantly.		
	To prepare filling, place chips in a microwave-safe bowl, and microwave at high for 1 minute, stirring every 15 seconds. Cool slightly. Fold 1/4 cup whipped topping into melted chips. Repeat procedure 7 times with remaining whipped topping. Chill 1 hour.		
	Remove wax paper; discard. Cool cakes completely on wire racks.		
	Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans.		
	Spoon batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.		
	Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture. Stir in cocoa mixture.		
	Combine buttermilk, sour cream, and 2 teaspoons vanilla, stirring well.		
	Combine flour, baking soda, and salt, stirring well with a whisk.		
	Lightly spoon 2 cups flour into dry measuring cups; level with a knife.		
	Add egg substitute; beat well.		
	Place 3/4 cup granulated sugar, 1/2 cup dark brown sugar, and 1/4 cup butter in a large bowl; beat with a mixer at medium speed 2 minutes or until well blended.		
	Combine cocoa, 1/2 cup boiling water, and 1 ounce bittersweet chocolate in a small bowl, stirring until smooth; cool.		
	To prepare cake, coat 2 (9-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Lightly coat wax paper with cooking spray; dust pans with 1 tablespoon flour.		

## **Properties**

Glycemic Index:23.39, Glycemic Load:19.23, Inflammation Score:-2, Nutrition Score:4.6565217531246%

### **Flavonoids**

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

#### **Nutrients** (% of daily need)

Calories: 300.86kcal (15.04%), Fat: 10.33g (15.89%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 47.51g (17.28%), Sugar: 34.95g (38.84%), Cholesterol: 12.26mg (4.09%), Sodium: 237.06mg (10.31%), Alcohol: 0.26g (100%), Alcohol %: 0.3% (100%), Caffeine: 10.75mg (3.58%), Protein: 4.74g (9.48%), Selenium: 10.56µg (15.09%), Manganese: 0.3mg (14.85%), Copper: 0.21mg (10.26%), Magnesium: 30.81mg (7.7%), Phosphorus: 76.65mg (7.66%), Fiber: 1.77g (7.08%), Iron: 1.07mg (5.94%), Calcium: 55.98mg (5.6%), Vitamin B2: 0.08mg (4.98%), Potassium: 168.92mg (4.83%), Zinc: 0.6mg (4.03%), Vitamin A: 162.03IU (3.24%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.37mg (2.46%), Folate: 8.31µg (2.08%), Vitamin B1: 0.03mg (2.07%), Vitamin B3: 0.3mg (1.48%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.08µg (1.4%), Vitamin K: 1.15µg (1.1%)