



Chocolate Peanut Butter Cake with Bittersweet Ganache

READY IN



45 min.

SERVINGS



16

CALORIES



301 kcal

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

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35

- ☐ 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.
- ☐ Combine cocoa, 1/2 cup boiling water, and 1 ounce bittersweet chocolate in a small bowl, stirring until smooth; cool.
- ☐ 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.
- ☐ Add egg substitute; beat well.
- ☐ Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt, stirring well with a whisk.
- ☐ Combine buttermilk, sour cream, and 2 teaspoons vanilla, stirring well.
- ☐ Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture. Stir in cocoa mixture.
- ☐ Spoon batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.
- ☐ 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.
- ☐ Remove wax paper; discard. Cool cakes completely on wire racks.
- ☐ 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.
- ☐ 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.
- ☐ Remove from heat. Stir in 1 teaspoon vanilla; cool completely. Chill 30 minutes or until thick.
- ☐ Place 1 cake layer on a plate; top with filling, spreading out to edges.
- ☐ Place remaining cake layer on filling.
- ☐ Spread ganache evenly over top of cake; let drip down sides. Chill 20 minutes or until set.

Nutrition Facts



PROTEIN 6.14% FAT 30.07% CARBS 63.79%

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, Epicatechin: 5.28mg 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%)