



## Chocolate Pound Cake

READY IN



160 min.

SERVINGS



12

CALORIES



768 kcal

DESSERT

### Ingredients

- 6 ounces bittersweet chocolate roughly chopped
- 0.8 cup dutch-processed cocoa powder
- 2 large egg yolks at room temperature
- 8 large eggs at room temperature
- 2.5 cups flour all-purpose
- 1 tablespoon honey
- 2 teaspoons espresso powder instant
- 0.5 teaspoon salt
- 6 ounces bittersweet chocolate finely chopped

- 2.5 cups sugar
- 8 tablespoons butter unsalted (1 stick)
- 12 ounces butter unsalted room temperature (3 sticks)
- 1 tablespoon vanilla extract pure

## Equipment

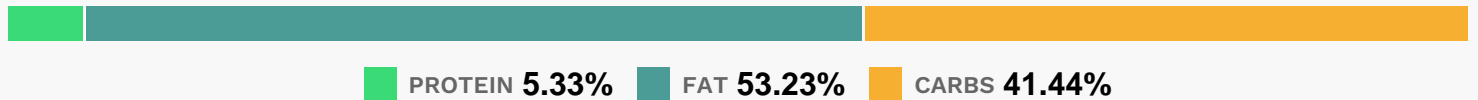
- bowl
- frying pan
- oven
- whisk
- blender
- plastic wrap
- toothpicks
- microwave
- spatula
- measuring cup
- kugelhopf pan

## Directions

- Special equipment: 10 cup bundt pan
- Place a rack in the middle of the oven and preheat to 350 degrees F. Butter and flour the bundt pan.
- Sift the flour, cocoa, and salt into a medium bowl.
- Whisk the eggs, yolks, vanilla, and espresso powder together in a bowl and set aside.
- In a heavy-duty mixer, beat the butter with the paddle attachment, on medium speed for 1 minute, or until smooth. Gradually pour in the sugar, 1/4 cup at a time, until the butter begins to lighten, about 3 minutes. Scrape down the sides of the bowl with a rubber spatula and beat, on medium-high, until light and fluffy, about 4 minutes more.
- Adjust the mixer's speed to its lowest setting.

- Add 1/2 of the flour mixture and mix until completely absorbed before adding the rest. Scrape down the sides of the mixer then beat on medium-high for 30 seconds more.
- Adjust again to low speed and add half the egg mixture, mix until blended and smooth.
- Add the remaining egg mixture and beat until almost blended.
- Remove the bowl from the mixer, and fold in the chocolate by hand. Take care not to over mix the batter.
- Spoon the batter into the prepared pan and smooth the top with a spatula.
- Bake until a toothpick inserted into the center comes out clean, about 1 hour and 10 minutes.
- Cool the cake in the pan, on a rack for 10 minutes. Turn the cake out of the pan, and cool right side up on a rack. If not serving the same day, wrap in plastic wrap and store at room temperature. Glaze just before serving. Cake can be frozen for 1 month.
- For the glaze: Put all the ingredients in a microwave-safe bowl or glass measuring cup. Melt at 50 percent power in the microwave until soft, about 1 minute. Stir, and continue heat until completely melted, about 1 minute more.
- Remove from the microwave and whisk until fully combined, smooth and glossy. While warm, pour glaze over cooled cake and do not spread.
- Serve as desired.

## Nutrition Facts



### Properties

Glycemic Index:16.45, Glycemic Load:44.22, Inflammation Score:-7, Nutrition Score:15.443478138955%

### Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

### Nutrients (% of daily need)

Calories: 767.61kcal (38.38%), Fat: 46.47g (71.5%), Saturated Fat: 27.39g (171.19%), Carbohydrates: 81.41g (27.14%), Net Carbohydrates: 76.45g (27.8%), Sugar: 53.89g (59.88%), Cholesterol: 237.32mg (79.11%), Sodium: 154.86mg (6.73%), Alcohol: 0.37g (100%), Alcohol %: 0.26% (100%), Caffeine: 41.98mg (13.99%), Protein: 10.48g (20.95%), Manganese: 0.78mg (39.03%), Selenium: 24.46µg (34.94%), Copper: 0.63mg (31.59%), Iron: 4.45mg (24.74%),

Vitamin A: 1176.73IU (23.53%), Phosphorus: 228.02mg (22.8%), Magnesium: 88.05mg (22.01%), Vitamin B2: 0.35mg (20.31%), Fiber: 4.96g (19.85%), Folate: 70.35µg (17.59%), Vitamin B1: 0.24mg (15.87%), Zinc: 1.84mg (12.26%), Vitamin B3: 1.99mg (9.94%), Vitamin E: 1.49mg (9.9%), Potassium: 337.71mg (9.65%), Vitamin D: 1.38µg (9.23%), Vitamin B5: 0.85mg (8.52%), Vitamin B12: 0.47µg (7.78%), Calcium: 60.66mg (6.07%), Vitamin B6: 0.1mg (4.8%), Vitamin K: 5.01µg (4.78%)