



## Chocolate Pound Cake

READY IN



150 min.

SERVINGS



8

CALORIES



556 kcal

DESSERT

## Ingredients

- 3 tablespoons plus light
- 0.8 cup dutch-processed cocoa powder
- 4 large eggs at room temperature
- 1.3 cups flour all-purpose
- 1.3 cups granulated sugar
- 0.3 cup cup heavy whipping cream
- 0.5 teaspoon salt fine
- 2 ounces bittersweet chocolate finely chopped
- 2 sticks butter unsalted plus more for coating the pan at room temperature

- 1.5 teaspoons vanilla extract
- 0.5 cup water boiling

## Equipment

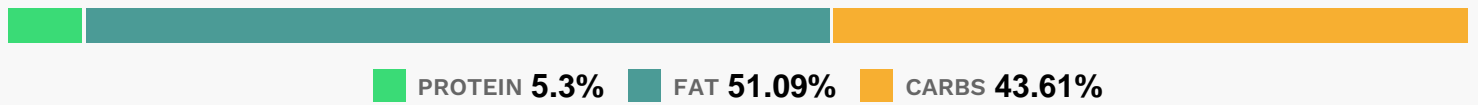
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- blender
- loaf pan
- toothpicks
- stand mixer

## Directions

- Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-by-5-inch loaf pan with butter; set aside.
- Place the flour and salt in a medium bowl and whisk to combine and aerate; set aside.
- Place the cocoa in a medium heatproof bowl. While whisking constantly, slowly pour in the boiling water and whisk until smooth and combined; set aside.
- Place the measured butter and sugar in the bowl of a stand mixer fitted with a paddle attachment and beat on medium speed until lightened in color and fluffy, about 5 minutes. Stop the mixer and scrape down the sides of the bowl and the paddle.
- Add the vanilla and reserved cocoa mixture and beat on medium speed until combined, about 1 minute.
- Add the eggs 1 at a time, beating well after each addition. Stop the mixer and scrape down the sides of the bowl and the paddle. Turn the mixer to low speed, slowly add the reserved flour mixture, and mix until the flour is just incorporated. Stop the mixer, remove the bowl, and stir in any remaining flour streaks by hand, making sure to scrape the bottom of the bowl.

- Pour the batter into the prepared pan and spread it into an even layer.
- Bake until a toothpick inserted into the center comes out clean, about 50 to 60 minutes. Meanwhile, set a wire rack over a baking sheet and set it aside.
- Remove the cake from the oven and let it cool in the pan on the wire rack for 15 minutes.
- Place the cream and corn syrup in a small saucepan over medium heat and, stirring occasionally, bring to a simmer.
- Remove the pan from the heat and stir in the chocolate until smooth and combined.
- Pour over the cooled cake.

## Nutrition Facts



### Properties

Glycemic Index:20.51, Glycemic Load:35.26, Inflammation Score:-7, Nutrition Score:11.189130371355%

### 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: 556.37kcal (27.82%), Fat: 33.01g (50.78%), Saturated Fat: 19.82g (123.86%), Carbohydrates: 63.4g (21.13%), Net Carbohydrates: 59.32g (21.57%), Sugar: 42.89g (47.66%), Cholesterol: 165.37mg (55.12%), Sodium: 195.68mg (8.51%), Alcohol: 0.26g (100%), Alcohol %: 0.21% (100%), Caffeine: 24.64mg (8.21%), Protein: 7.7g (15.41%), Manganese: 0.55mg (27.41%), Selenium: 16.88µg (24.12%), Copper: 0.45mg (22.56%), Vitamin A: 990.29IU (19.81%), Iron: 2.95mg (16.37%), Fiber: 4.08g (16.31%), Phosphorus: 160.78mg (16.08%), Vitamin B2: 0.27mg (15.82%), Magnesium: 61.59mg (15.4%), Folate: 51.32µg (12.83%), Vitamin B1: 0.18mg (12.01%), Zinc: 1.29mg (8.58%), Vitamin D: 1.08µg (7.22%), Vitamin E: 1.07mg (7.14%), Vitamin B3: 1.43mg (7.14%), Potassium: 236.22mg (6.75%), Vitamin B5: 0.57mg (5.67%), Vitamin B12: 0.3µg (4.99%), Calcium: 46.99mg (4.7%), Vitamin B6: 0.07mg (3.38%), Vitamin K: 3.14µg (2.99%)