



WHATSheATE

chocolate & vanilla

Chocolate-Praline Cake in a Jar

READY IN



45 min.

SERVINGS



12

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.8 cup brown sugar light packed
- ☐ 1.5 cups cake flour sifted
- ☐ 0.7 cup hot-brewed coffee leftover brewed (I just use the morning's coffee)
- ☐ 2 large eggs
- ☐ 1.5 cups brown sugar light packed
- ☐ 0.5 cup pecans
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.7 cup cream sour
- ☐ 2 tablespoons butter unsalted
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup water

Equipment

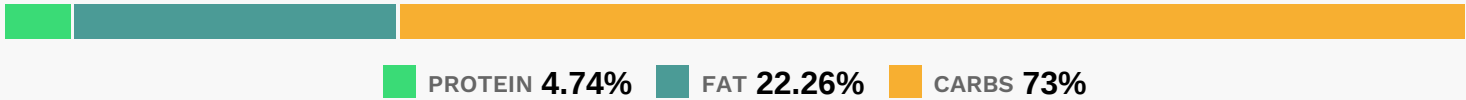
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ wooden spoon
- ☐ spatula
- ☐ canning jar

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Place 10 to 12 1/2-pint glass canning jars on a rimmed baking sheet, evenly arranged with space between them. (If you have a Silpat liner, place it under the jars to prevent them from sliding around.)
- ☐ To make the cakes, in a mixer fitted with a whisk attachment, beat the butter until smooth.
- ☐ Add the brown sugar and eggs and mix until fluffy, about 2 minutes.
- ☐ Add the vanilla, cocoa, baking soda, and salt and mix until combined.
- ☐ Add half of the flour, then half of the sour cream, and mix until combined. Repeat with the remaining flour and sour cream.
- ☐ Drizzle in the coffee and mix until smooth. The batter will be thin, like heavy cream.
- ☐ Pour the batter into the jars, filling them halfway.

- ☐ Bake until the tops of the cakes are firm to the touch, about 25 minutes.*
- ☐ To make the topping, melt the butter in a medium saucepan over medium heat, then add the brown sugar and 1½ cup water and stir with a wooden spoon until the sugar is dissolved, 2 to 3 minutes.
- ☐ Remove the pan from the heat and stir in the powdered sugar until combined, then return to the heat and bring to a boil. Stir in the nuts.
- ☐ Pour the praline topping over the cakes to cover, working quickly, because the praline hardens quickly as it cools.
- ☐ Let the cakes cool completely if they aren't already, before screwing on jar lids.**
- ☐ Do-Aheads
- ☐ *The cakes can be made ahead, cooled, covered, and kept at room temperature for 2 days or in the refrigerator for up to 4 days.
- ☐ **The finished cakes will keep for up to 4 days at room temperature.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ He is the 2002 James Beard Award winner for Best Chef in the Midwest. With culinary partner Gale Gand, he coauthored *American Brasserie* and *Butter Sugar Flour Eggs*. He is the author of *Amuse-Bouche*. Tramonto lives outside Chicago with his wife and their three sons. Gale Gand is the executive pastry chef/partner at Tru. In 2001 she received the James Beard Award for Outstanding Pastry Chef and was named top pastry chef of the year by *Bon Appétit*. She is also the host of the Food Network's *Sweet Dreams*. With culinary partner Rick Tramonto, Gand coauthored *American Brasserie* and *Butter Sugar Flour Eggs*. She is the author of *Gale Gand's Just a Bite* and *Gale Gand's Short and Sweet*. Gand lives outside Chicago with her husband and her son. Tim Turner is a nationally acclaimed food and tabletop photographer. He has been nominated five years in a row for the James Beard Award for Best Food Photography, winning in 1999 for *Charlie Trotter's Desserts*. His previous projects include books in the *Charlie Trotter's* series, *The Inn at Little Washington*, *Jacques Pepin's Kitchen*, and *Amuse-Bouche*. Turner lives in Chicago with his wife and three exuberant daughters. Mary Goodbody is a nationally known food writer and editor. Her most recent credits include *Amuse-Bouche* and *Taste: Pure and Simple*. She has contributed significantly to *Back to the Table*, *The Naked Chef*, *How to Be a Domestic Goddess*, and *Alfred Portale's Twelve Seasons Cookbook*, among other books. The editor of the *IACP Food Forum Quarterly*, she lives outside New York with her daughter.
- ☐ add notes my notes

Nutrition Facts



Properties

Glycemic Index:6.42, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:5.1639130400575%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 341.3kcal (17.06%), Fat: 8.74g (13.44%), Saturated Fat: 3.25g (20.28%), Carbohydrates: 64.5g (21.5%), Net Carbohydrates: 62.8g (22.84%), Sugar: 50.56g (56.18%), Cholesterol: 43.56mg (14.52%), Sodium: 214.67mg (9.33%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 11.02mg (3.67%), Protein: 4.19g (8.37%), Manganese: 0.44mg (21.99%), Selenium: 10.33µg (14.75%), Copper: 0.2mg (10.18%), Phosphorus: 73.77mg (7.38%), Magnesium: 27.94mg (6.99%), Fiber: 1.7g (6.78%), Calcium: 61.53mg (6.15%), Iron: 1.05mg (5.83%), Vitamin B2: 0.09mg (5.49%), Potassium: 160.59mg (4.59%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.37mg (3.72%), Vitamin A: 185.54IU (3.71%), Vitamin B1: 0.05mg (3.3%), Folate: 12.29µg (3.07%), Vitamin B6: 0.05mg (2.7%), Vitamin E: 0.31mg (2.1%), Vitamin B3: 0.35mg (1.75%), Vitamin B12: 0.1µg (1.75%), Vitamin D: 0.2µg (1.34%)