



## Chocolate Stout Cake

READY IN



120 min.

SERVINGS



10

CALORIES



371 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3.5 oz bittersweet chocolate unsweetened chopped (not or extra-bitter)
- ☐ 0.5 cup butter unsalted melted
- ☐ 10 servings powdered sugar
- ☐ 1 cup t brown sugar dark packed
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 6 oz prune- cut to pieces packed pitted soft chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup porter (pour beer slowly into measuring cup; do not measure foam)
- ☐ 10 servings porter
- ☐ 1 teaspoon vanilla

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ skewers

## Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Lightly brush ring pan with melted butter and chill 2 minutes, then butter again and chill while making batter.
- ☐ Bring beer to a boil in a small saucepan and add prunes.
- ☐ Remove from heat and let stand until most of liquid is absorbed.
- ☐ Meanwhile, melt chocolate and remaining stick butter together in a small heavy saucepan over low heat, stirring constantly. Sift together flour, baking soda, and salt into a bowl.
- ☐ Beat together eggs, brown sugar, and vanilla in a large bowl with an electric mixer at high speed until thick, about 2 minutes.
- ☐ Add chocolate mixture and beat until just combined. Reduce speed to low and add flour mixture, mixing until just combined. Stir in prune mixture until combined well. Spoon batter into ring mold and bake until a wooden skewer inserted into middle of cake comes out clean, 40 to 45 minutes.
- ☐ Cool cake in mold on a rack 10 minutes, then invert onto rack to cool completely, at least 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:11.43, Inflammation Score:-4, Nutrition Score:6.9499999851636%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 371.1kcal (18.56%), Fat: 14.18g (21.81%), Saturated Fat: 8.37g (52.33%), Carbohydrates: 58.04g (19.35%), Net Carbohydrates: 55.61g (20.22%), Sugar: 39.42g (43.8%), Cholesterol: 62.2mg (20.73%), Sodium: 180.68mg (7.86%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.53mg (2.84%), Protein: 4.02g (8.03%), Manganese: 0.31mg (15.36%), Selenium: 9.68µg (13.82%), Vitamin K: 11.71µg (11.15%), Copper: 0.21mg (10.63%), Iron: 1.85mg (10.28%), Vitamin B2: 0.17mg (9.71%), Fiber: 2.42g (9.69%), Vitamin A: 475.44IU (9.51%), Vitamin B1: 0.14mg (9.27%), Folate: 34.53µg (8.63%), Magnesium: 31.33mg (7.83%), Phosphorus: 77.84mg (7.78%), Potassium: 244.04mg (6.97%), Vitamin B3: 1.36mg (6.82%), Calcium: 42.55mg (4.26%), Zinc: 0.59mg (3.96%), Vitamin B5: 0.37mg (3.65%), Vitamin B6: 0.07mg (3.58%), Vitamin E: 0.51mg (3.4%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.2µg (1.33%)