Deep Dark Chocolate Peppermint Cake

READY IN	SERVINGS	CALORIES
150 min.	8	518 kcal

DESSERT

Ingredients

- [ ] 1 teaspoon baking soda
- [ ] 0.3 cup butter
- [ ] 2 cups cake flour sifted
- [ ] 2 egg yolks
- [ ] 1.8 cups milk divided
- [ ] 0.5 cup peppermint candies hard crushed
- [ ] 3 drops food coloring red
- [ ] 0.8 teaspoon salt
- [ ] 4 ounce chocolate unsweetened

- [ ] 1 teaspoon vanilla extract
- [ ] 2 cups sugar white

Equipment

- [ ] baking paper
- [ ] oven
- [ ] mixing bowl
- [ ] double boiler
- [ ] hand mixer

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C). Grease two 9-inch round pans and line the bottoms with parchment paper.
- [ ] Sift together the cake flour and salt.
- [ ] Melt chocolate and butter together in a double boiler. Turn into mixing bowl, and cool to room temperature; this mixture must be cool.
- [ ] Mix in the sugar. Blend in egg yolks and 1 cup milk.
- [ ] Pour in the flour and salt, and mix just until incorporated. Beat batter with electric mixer for 1 minute, and then blend in vanilla and 1/2 cup milk. Dissolve baking soda in the remaining 1/4 cup milk; stir into the batter quickly and thoroughly.
- [ ] Pour batter into prepared pans.
- [ ] Bake in the preheated oven until the surface of the cakes spring back lightly when pressed with a finger, about 30 minutes. Cool cakes on wire racks.
- [ ] Prepare Seven Minute Frosting, omitting vanilla (see Footnote for link). Tint the frosting a delicate pink with a few drops of food coloring, and add 1/4 cup crushed candy. Frost and fill the cooled cake.
- [ ] Garnish with bits of crushed candy.

Nutrition Facts

PROTEIN **5.99%** FAT **27.86%** CARBS **66.15%**

Properties

Glycemic Index:36.89, Glycemic Load:57.57, Inflammation Score:-5, Nutrition Score:10.286956569423%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg

Nutrients (% of daily need)

Calories: 518.18kcal (25.91%), Fat: 16.75g (25.77%), Saturated Fat: 9.73g (60.82%), Carbohydrates: 89.47g (29.82%), Net Carbohydrates: 86.37g (31.41%), Sugar: 59.97g (66.63%), Cholesterol: 70.26mg (23.42%), Sodium: 427.44mg (18.58%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 11.34mg (3.78%), Protein: 8.1g (16.2%), Manganese: 0.85mg (42.32%), Copper: 0.52mg (26.16%), Selenium: 17.46µg (24.94%), Iron: 2.9mg (16.11%), Phosphorus: 160.2mg (16.02%), Magnesium: 61mg (15.25%), Zinc: 1.97mg (13.1%), Fiber: 3.1g (12.41%), Calcium: 92.85mg (9.29%), Vitamin B2: 0.14mg (8.4%), Potassium: 237.36mg (6.78%), Vitamin A: 329.26IU (6.59%), Vitamin B12: 0.39µg (6.47%), Vitamin B1: 0.08mg (5.6%), Vitamin D: 0.83µg (5.53%), Folate: 21.06µg (5.27%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.2%), Vitamin B3: 0.57mg (2.83%), Vitamin K: 2.16µg (2.05%)