



WHATShEATE



## Double Chocolate Bombe

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 10 servings chocolate
- ☐ 10 servings chocolate
- ☐ 10 servings chocolate white
- ☐ 10 servings chocolate curls
- ☐ 3 large eggs separated
- ☐ 1 cup flour all-purpose

- ☐ 0.5 cup pecans toasted
- ☐ 0.3 cup shortening
- ☐ 1 cup sugar
- ☐ 1.5 teaspoons vanilla extract

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

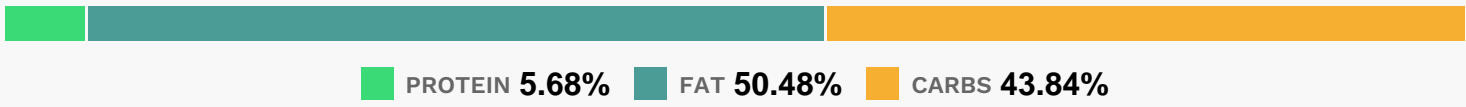
## Directions

- ☐ Process pecans in a food processor until ground; set aside.
- ☐ Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add vanilla, beating until blended.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, soda, and pecans; add to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition.
- ☐ Beat egg whites until stiff peaks form; fold into batter.
- ☐ Pour into a well-greased and floured 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool on wire rack.
- ☐ Line a 3-quart mixing bowl (8 1/2 inches across) with plastic wrap.
- ☐ Cut cake lengthwise into 2-inch strips; line prepared bowl with cake strips, reserving remainder.

- ☐
- Spread Chocolate Mousse over cake in bowl; cover and chill 1 hour.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:21.95, Inflammation Score:-2, Nutrition Score:5.6352174003487%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 298.09kcal (14.9%), Fat: 17.05g (26.23%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 32.26g (11.73%), Sugar: 22.92g (25.46%), Cholesterol: 69.59mg (23.2%), Sodium: 127.14mg (5.53%), Alcohol: 0.21g (100%), Alcohol %: 0.32% (100%), Protein: 4.31g (8.63%), Manganese: 0.36mg (18.03%), Selenium: 9.86µg (14.08%), Vitamin B2: 0.17mg (10.14%), Vitamin B1: 0.15mg (9.9%), Folate: 32.02µg (8.01%), Phosphorus: 77.19mg (7.72%), Iron: 1.12mg (6.22%), Copper: 0.12mg (6.18%), Vitamin A: 246.47IU (4.93%), Vitamin E: 0.72mg (4.77%), Zinc: 0.65mg (4.3%), Vitamin B5: 0.43mg (4.29%), Vitamin B3: 0.86mg (4.29%), Fiber: 1.05g (4.21%), Magnesium: 16.67mg (4.17%), Vitamin K: 3.72µg (3.54%), Vitamin B12: 0.21µg (3.43%), Calcium: 32.66mg (3.27%), Vitamin D: 0.46µg (3.04%), Potassium: 89.6mg (2.56%), Vitamin B6: 0.05mg (2.45%)