



Eclair Cake with Chocolate Ganache

 Popular

READY IN



160 min.

SERVINGS



15

CALORIES



405 kcal

DESSERT

Ingredients

- 1 cup bittersweet chocolate chopped
- 0.5 cup butter
- 2 tablespoons confectioners' sugar
- 4 eggs
- 1 cup flour all-purpose
- 1 cup heavy cream
- 2 cups heavy whipping cream cold
- 7 ounce vanilla pudding mix instant

- 2 cups milk cold
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- wire rack
- baking pan

Directions

- Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x13-inch baking dish.
- Place a mixing bowl in the freezer to chill.
- Combine the water, butter, and salt in a medium saucepan and bring to a boil over medium-high heat. Reduce the heat to medium and stir in the flour. Cook and stir until the mixture pulls away from the sides of the pan and forms a ball.
- Transfer the mixture to a mixing bowl and beat in the eggs, one at a time, until fully incorporated.
- Spread the dough evenly in the bottom of the baking dish.
- Bake the pastry in the preheated oven until golden brown, 25 to 30 minutes. (The dough will rise and make a boat shape, but should drop as it cools.) Cool completely on wire rack.
- Remove the chilled mixing bowl from the freezer and pour in 2 cups of cold whipping cream. Whip until the cream thickens, about 1 minute; stir in the confectioners' sugar and the vanilla extract. Continue to whip until the cream forms stiff peaks. Refrigerate the whipped cream while you mix the pudding.

- Pour the pudding mixes and the milk into a mixing bowl and stir until creamy. Fold in the whipped cream.
- Spread the filling over the cooled crust and refrigerate.
- Place the chopped chocolate in a heat-proof bowl. Bring 1 cup of cream almost to a boil in a small saucepan over medium heat.
- Pour the hot cream over the chocolate and allow it to soften for 1 minute.
- Whisk the mixture until smooth.
- Let the mixture cool slightly to thicken, about 10 minutes.
- Pour the ganache over the cream filling, spreading to cover the entire surface. Return the pan to the refrigerator and chill for at least 1 hour before serving.

Nutrition Facts

PROTEIN 5.46% **FAT 66.25%** **CARBS 28.29%**

Properties

Glycemic Index:10.87, Glycemic Load:5.18, Inflammation Score:-6, Nutrition Score:7.3421738601249%

Nutrients (% of daily need)

Calories: 405.33kcal (20.27%), Fat: 30.08g (46.28%), Saturated Fat: 18.4g (115.03%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 27.67g (10.06%), Sugar: 18.88g (20.98%), Cholesterol: 118.31mg (39.44%), Sodium: 215.46mg (9.37%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 10.03mg (3.34%), Protein: 5.58g (11.15%), Vitamin A: 1010.71IU (20.21%), Vitamin B2: 0.24mg (14.1%), Selenium: 9.65µg (13.79%), Phosphorus: 125.13mg (12.51%), Manganese: 0.22mg (10.91%), Vitamin D: 1.35µg (9.03%), Calcium: 89.5mg (8.95%), Copper: 0.18mg (8.86%), Magnesium: 31.35mg (7.84%), Iron: 1.39mg (7.72%), Vitamin B1: 0.1mg (6.8%), Vitamin B12: 0.39µg (6.5%), Folate: 22.9µg (5.72%), Vitamin E: 0.83mg (5.51%), Potassium: 190.16mg (5.43%), Zinc: 0.78mg (5.19%), Vitamin B5: 0.5mg (5.03%), Fiber: 1.24g (4.95%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.06mg (3.22%), Vitamin K: 3.05µg (2.91%)