



Glazed Chocolate Bundt Cake

READY IN



90 min.

SERVINGS



16

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 tablespoons bourbon
- ☐ 0.5 cup dates pitted chopped
- ☐ 0.8 cup dutch-processed cocoa powder unsweetened
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup granulated sugar

- ☐ 0.3 cup heavy whipping cream
- ☐ 1.5 teaspoons espresso powder instant
- ☐ 1.3 cups brown sugar light divided packed
- ☐ 1.3 cups buttermilk low-fat
- ☐ 1 cup powdered sugar sifted
- ☐ 1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 4 tablespoons butter unsalted
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1.5 cups pastry flour whole-wheat

Equipment

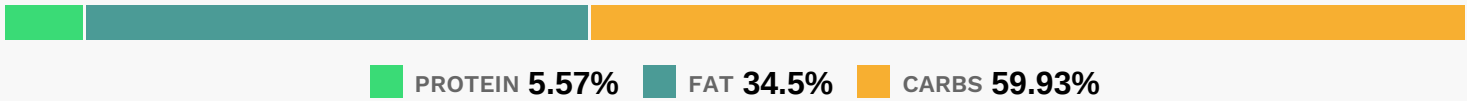
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ microwave
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 32
- ☐ Spray a Bundt pan with cooking-oil spray. In a large bowl, combine pastry flour, all-purpose flour, granulated sugar, baking powder, baking soda, and salt. Stir in 1 cup brown sugar.
- ☐ In a blender, whirl cocoa and dates with 2/3 cup boiling water until smooth. Whirl in buttermilk, eggs, oil, and vanilla. Set aside.

- ☐ Put bittersweet chocolate in a small glass bowl and microwave on high for 10 seconds. Stir and repeat until melted. Stir 1/2 of date mixture into flour mixture. Stir in melted chocolate, then remaining date mixture, and finally chocolate chips.
- ☐ Pour batter into prepared pan and bake until a toothpick inserted in the center comes out clean, about 40 minutes. Cool cake 15 minutes, then gently remove from pan and cool completely on a wire rack.
- ☐ In a small saucepan over medium heat, melt butter, espresso powder, and remaining 1/4 cup brown sugar.
- ☐ Add cream and simmer 1 minute.
- ☐ Remove from heat and stir in powdered sugar until smooth. Stir in Bourbon and let cool. When glaze and cake are both at room temperature, drizzle glaze over cake.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:8.22, Inflammation Score:-4, Nutrition Score:9.4330434553001%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 357kcal (17.85%), Fat: 14.16g (21.79%), Saturated Fat: 6.67g (41.71%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 51.18g (18.61%), Sugar: 39.03g (43.37%), Cholesterol: 36.49mg (12.16%), Sodium: 333.33mg (14.49%), Alcohol: 0.76g (100%), Alcohol %: 0.9% (100%), Caffeine: 23.15mg (7.72%), Protein: 5.15g (10.29%), Manganese: 0.84mg (41.82%), Copper: 0.39mg (19.51%), Selenium: 12.8µg (18.29%), Fiber: 4.19g (16.74%), Magnesium: 65.88mg (16.47%), Phosphorus: 151.22mg (15.12%), Iron: 2.3mg (12.77%), Calcium: 84.49mg (8.45%), Potassium: 276.97mg (7.91%), Vitamin K: 8.03µg (7.65%), Zinc: 1.12mg (7.5%), Vitamin B2: 0.13mg (7.39%), Vitamin B1: 0.11mg (7.11%), Vitamin B3: 1.11mg (5.54%), Folate: 18.56µg (4.64%), Vitamin B6: 0.09mg (4.49%), Vitamin E: 0.63mg (4.22%), Vitamin A: 192.52IU (3.85%), Vitamin B5: 0.34mg (3.44%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.24µg (1.58%)