



Gluten-Free Boston Cream Pie

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



16

CALORIES



337 kcal

DESSERT

Ingredients

- 1.8 cups almond flour
- 1.3 cups flour blend gluten-free all-purpose
- 2 teaspoons double-acting baking powder gluten-free
- 0.5 teaspoon salt
- 1.5 cups sugar
- 1 cup water
- 0.5 cup butter melted
- 3 eggs whole

- 2 teaspoons vanilla pure
- 1.3 cups milk whole
- 0.3 cup sugar
- 2 egg yolk
- 2 tablespoons cornstarch
- 0.3 teaspoon salt
- 1 tablespoon butter cut into small pieces
- 1 teaspoon vanilla pure
- 4 oz baker's chocolate dark chopped
- 3 tablespoons butter cut into small pieces
- 1 tablespoon plus light

Equipment

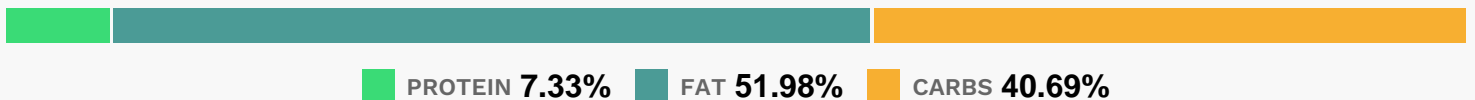
- bowl
- sauce pan
- oven
- wire rack
- plastic wrap
- hand mixer
- toothpicks
- microwave
- serrated knife

Directions

- Heat oven to 350°F. Spray 2 (8-inch) round cake pans with cooking spray (without flour).
- In medium bowl, mix almond flour, flour blend, baking powder and 1/2 teaspoon salt; set aside. In large bowl, beat 1 1/2 cups sugar, the water, melted butter, the eggs and 2 teaspoons vanilla with electric mixer on low speed 1 minute. Gradually add flour mixture, beating on medium speed 2 minutes. Divide batter evenly between pans.

- Bake 27 to 30 minutes or until golden and toothpick inserted in center comes out clean. Cool on cooling rack 15 minutes; remove from pans to cooling racks. Cool completely.
- Meanwhile, in 2-quart heavy saucepan, stir milk, 1/4 cup sugar, the egg yolks, cornstarch and 1/4 teaspoon salt.
- Heat to boiling over medium heat, stirring constantly; boil 1 minute until thickened and mixture coats back of spoon.
- Remove from heat; stir in 1 tablespoon butter and 1 teaspoon vanilla until smooth. Cover surface of custard with plastic wrap. Refrigerate until set, about 2 hours.
- In small microwavable bowl, microwave glaze ingredients uncovered on High 1 minute; stir until chocolate is melted and mixture is smooth.
- To assemble, invert one cake layer onto serving platter. Stir cold custard; spread on top of cake just to edge. Top with second cake layer. Slowly pour glaze over cake, spreading to cover and letting it drip down side. Slice cake gently with serrated knife.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:15.94, Inflammation Score:-3, Nutrition Score:5.6604348317437%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 336.74kcal (16.84%), Fat: 20.75g (31.92%), Saturated Fat: 8.99g (56.22%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 33.1g (12.04%), Sugar: 24.76g (27.51%), Cholesterol: 80.05mg (26.68%), Sodium: 253.83mg (11.04%), Alcohol: 0.26g (100%), Alcohol %: 0.3% (100%), Caffeine: 5.67mg (1.89%), Protein: 6.58g (13.17%), Manganese: 0.3mg (15.16%), Fiber: 3.44g (13.77%), Iron: 2.32mg (12.87%), Copper: 0.24mg (12.1%), Calcium: 103.03mg (10.3%), Phosphorus: 86.39mg (8.64%), Vitamin A: 372.61IU (7.45%), Selenium: 5.01µg (7.15%), Magnesium: 27.2mg (6.8%), Zinc: 0.94mg (6.27%), Vitamin B2: 0.09mg (5.38%), Vitamin B12: 0.24µg (3.97%), Vitamin D: 0.5µg (3.31%), Potassium: 105.51mg (3.01%), Vitamin B5: 0.29mg (2.89%), Vitamin E: 0.43mg (2.86%), Folate: 9.46µg (2.37%), Vitamin B1: 0.03mg (1.99%), Vitamin B6: 0.04mg (1.8%), Vitamin K: 1.53µg (1.45%)