



Gooney Hazelnut-Chocolate Cake

READY IN



45 min.

SERVINGS



12

CALORIES



522 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 lb butter at room temperature
- 0.5 cup cocoa-flavored hazelnut spread
- 2 large eggs
- 1.5 cups flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 12 servings strawberries

- 1 cup sugar
- 0.3 cup cocoa unsweetened
- 12 servings softly whipped cream sweetened
- 0.5 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- knife
- blender

Directions

- Butter an 8-inch plain or fluted tube pan. In a bowl, mix hazelnut spread and whipping cream until smoothly blended.
- Pour evenly into bottom of pan.
- In a large bowl with a mixer, beat 10 tablespoons butter and the sugar until well blended.
- Add eggs, 1 at a time, beating until fluffy after each addition.
- Sift together flour, cocoa, baking powder, baking soda, and salt.
- Add flour mixture and milk to butter mixture; stir to combine, then beat until well blended. Spoon evenly over hazelnut mixture in pan.
- Bake in a 350 oven (325 in a convection oven) until cake begins to pull from pan sides and springs back when lightly pressed in the center, 50 to 60 minutes. Cool for 5 minutes in pan, then slip a thin-bladed knife between pan rim and cake. Invert a large plate over cake. Holding pan and plate together, invert again and shake gently to release cake onto plate.
- Let stand 2 to 3 minutes, then lift off pan. Scoop any hazelnut mixture left in pan onto top of cake.
- Garnish with strawberries.
- Slice and serve warm with ice cream.

Nutrition Facts

PROTEIN 5.94% FAT 45.14% CARBS 48.92%

Properties

Glycemic Index:33.79, Glycemic Load:35.28, Inflammation Score:-8, Nutrition Score:17.946956468665%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 6.03mg, Catechin: 6.03mg, Catechin: 6.03mg, Catechin: 6.03mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg, Epicatechin: 5.3mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 522.29kcal (26.11%), Fat: 26.94g (41.45%), Saturated Fat: 13.2g (82.5%), Carbohydrates: 65.69g (21.9%), Net Carbohydrates: 60.37g (21.95%), Sugar: 45.55g (50.62%), Cholesterol: 73.08mg (24.36%), Sodium: 412.63mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.37mg (2.12%), Protein: 7.98g (15.96%), Vitamin C: 85.15mg (103.22%), Manganese: 0.87mg (43.59%), Vitamin B2: 0.38mg (22.35%), Fiber: 5.32g (21.3%), Phosphorus: 212.43mg (21.24%), Calcium: 199.57mg (19.96%), Vitamin A: 961.69IU (19.23%), Folate: 73.41µg (18.35%), Selenium: 11.1µg (15.86%), Potassium: 505.14mg (14.43%), Vitamin B1: 0.21mg (14.13%), Magnesium: 55.4mg (13.85%), Iron: 2.49mg (13.85%), Copper: 0.26mg (13.23%), Vitamin E: 1.82mg (12.16%), Vitamin B5: 0.9mg (9.03%), Vitamin B3: 1.69mg (8.46%), Zinc: 1.26mg (8.38%), Vitamin B12: 0.48µg (7.94%), Vitamin B6: 0.15mg (7.37%), Vitamin D: 0.63µg (4.17%), Vitamin K: 4.1µg (3.9%)