



WHATSheATE



Heavenly Chocolate Soufflé Cake

READY IN



85 min.

SERVINGS



12

CALORIES



403 kcal

DESSERT

Ingredients

- ☐ 1.7 cups bittersweet chocolate
- ☐ 0.5 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 4 eggs separated
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.5 cup granulated sugar
- ☐ 1 serving peppermint candies hard crushed
- ☐ 0.3 cup bittersweet chocolate
- ☐ 3 tablespoons granulated sugar

- ☐ 0.3 cup evaporated milk fat-free
- ☐ 0.5 teaspoon butter
- ☐ 1 cup whipping cream (heavy)
- ☐ 2 tablespoons powdered sugar
- ☐ 0.5 teaspoon vanilla

Equipment

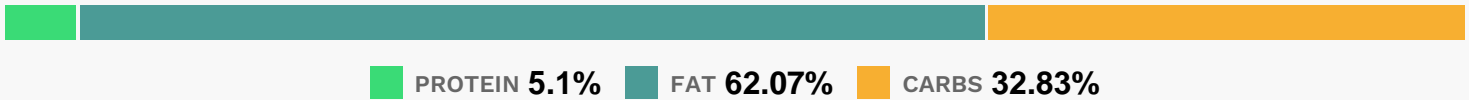
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Heat oven to 325°F. Grease springform pan, 9x2 1/2 inches, with shortening. In 2-quart heavy saucepan, heat 1 cup of the chocolate chunks and 1/2 cup butter over medium heat, stirring occasionally, until melted. Cool 5 minutes. Stir in flour until smooth. Stir in egg yolks until well blended.
- ☐ In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until foamy. Beat in 1/2 cup granulated sugar, 1 tablespoon at a time, until soft peaks form. Fold about 1/4 of the egg whites into chocolate mixture; fold chocolate mixture into egg whites.
- ☐ Spread in pan.
- ☐ Sprinkle 2/3 cup chocolate chunks evenly over top.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center of cake comes out clean (top will appear dry and cracked). Cool 10 minutes.
- ☐ Remove side of pan; leave cake on pan bottom. Cool completely on wire rack.

- ☐ Just before serving, in 1-quart saucepan, heat 1/3 cup chocolate chunks, 3 tablespoons granulated sugar and the milk over medium heat, stirring constantly, until chocolate is melted and mixture boils.
- ☐ Remove from heat; stir in 1/2 teaspoon butter.
- ☐ In chilled small bowl, beat all Sweetened Whipped Cream ingredients with electric mixer on high speed until stiff peaks form.
- ☐ Place cake on serving plate.
- ☐ Drizzle servings of cake with sauce.
- ☐ Serve with whipped cream.
- ☐ Sprinkle with candies.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:10.84, Inflammation Score:-6, Nutrition Score:8.0173912683259%

Nutrients (% of daily need)

Calories: 402.63kcal (20.13%), Fat: 27.99g (43.07%), Saturated Fat: 13.31g (83.19%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 30.83g (11.21%), Sugar: 24.57g (27.3%), Cholesterol: 80.24mg (26.75%), Sodium: 126.11mg (5.48%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 25.08mg (8.36%), Protein: 5.18g (10.36%), Manganese: 0.43mg (21.38%), Copper: 0.39mg (19.31%), Vitamin A: 743.66IU (14.87%), Magnesium: 57.2mg (14.3%), Selenium: 9.51µg (13.59%), Phosphorus: 134.9mg (13.49%), Iron: 2.38mg (13.22%), Fiber: 2.47g (9.9%), Vitamin B2: 0.17mg (9.83%), Zinc: 1.09mg (7.26%), Potassium: 240.81mg (6.88%), Calcium: 56.92mg (5.69%), Vitamin E: 0.82mg (5.46%), Folate: 17.73µg (4.43%), Vitamin B5: 0.43mg (4.27%), Vitamin B1: 0.06mg (4.23%), Vitamin D: 0.62µg (4.11%), Vitamin B12: 0.23µg (3.88%), Vitamin B3: 0.59mg (2.94%), Vitamin K: 2.83µg (2.69%), Vitamin B6: 0.05mg (2.38%)