



Individual Chocolate and Peanut Butter Bundt Cakes

READY IN



60 min.

SERVINGS



18

CALORIES



670 kcal

DESSERT

Ingredients

- ☐ 1.8 teaspoons baking soda
- ☐ 3.5 oz bittersweet chocolate unsweetened finely chopped (not)
- ☐ 6 oz cream cheese softened
- ☐ 6 large egg yolk
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 2 cups brown sugar light packed

- ☐ 12 oz peanut butter
- ☐ 0.8 teaspoon salt
- ☐ 8 oz cream sour
- ☐ 1.3 cups butter unsalted softened
- ☐ 1.3 cups cocoa powder unsweetened (not Dutch-process)
- ☐ 1 tablespoon vanilla
- ☐ 1.3 cups water boiling
- ☐ 18 servings whipped cream

Equipment

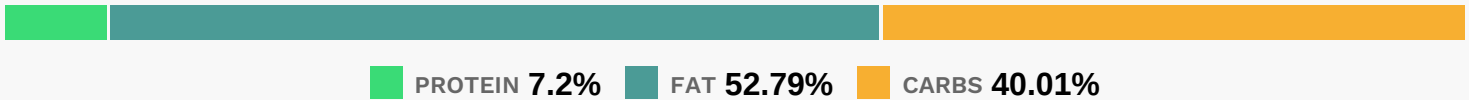
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Preheat oven to 350°F.
- ☐ Beat together cream cheese and peanut butter in a bowl with an electric mixer until smooth.
- ☐ Add yolks, sugar, and flour and beat until just combined.
- ☐ Transfer to a pastry bag and chill.
- ☐ Put cocoa powder in a bowl and add boiling water in a stream, whisking until smooth. Stir in chopped chocolate and let stand 1 minute, then whisk until smooth. Cool to room temperature, then whisk in sour cream and vanilla.
- ☐ Whisk together flour, baking soda, and salt. Beat together butter and brown sugar in a large bowl with cleaned beaters until pale and fluffy, then add eggs 1 at a time, beating after each addition until just combined. Reduce speed to low and add flour mixture and cocoa mixture alternately in 3 batches, beginning and ending with flour mixture and beating until batter is just combined.

- ☐ Spoon some of chocolate mixture into second pastry bag and pipe into well-buttered cake molds to fill each about one fourth of the way. Refill pastry bag as needed.
- ☐ Form 3 evenly spaced, equal pockets of peanut butter mixture in each cake by placing tip of pastry bag with peanut butter mixture onto bottom of mold and squeezing about a heaping teaspoon each time.
- ☐ Fill molds three-fourths full with remaining chocolate mixture, smoothing tops but being careful not to disturb peanut butter mixture.
- ☐ Bake cakes in upper and lower thirds of oven, switching position of pans halfway through baking, until a tester comes out with crumbs adhering, 15 to 18 minutes (cakes will be dark).
- ☐ Run a thin knife around inside edges of molds and gently invert cakes onto racks, then cool completely.
- ☐ • Chocolate and peanut butter mixtures can be spooned, instead of piped, into molds; don't worry if the peanut butter dollops are not perfectly uniform in size. • Cakes may be made 2 days ahead and kept in 1 layer in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:22.66, Inflammation Score:-7, Nutrition Score:15.19826071677%

Flavonoids

Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg Epicatechin: 11.73mg, Epicatechin: 11.73mg, Epicatechin: 11.73mg, Epicatechin: 11.73mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 670.24kcal (33.51%), Fat: 40.78g (62.74%), Saturated Fat: 20.19g (126.18%), Carbohydrates: 69.56g (23.19%), Net Carbohydrates: 65.17g (23.7%), Sugar: 50.19g (55.77%), Cholesterol: 172.44mg (57.48%), Sodium: 396.93mg (17.26%), Alcohol: 0.25g (100%), Alcohol %: 0.15% (100%), Caffeine: 18.48mg (6.16%), Protein: 12.51g (25.02%), Manganese: 0.71mg (35.28%), Phosphorus: 269.63mg (26.96%), Vitamin B2: 0.4mg (23.44%), Magnesium: 89.9mg (22.48%), Selenium: 15.5µg (22.14%), Copper: 0.44mg (22.09%), Vitamin A: 1006.68IU (20.13%), Vitamin B3: 3.65mg (18.26%), Vitamin E: 2.7mg (17.97%), Fiber: 4.39g (17.58%), Calcium: 165.53mg (16.55%), Folate: 61.4µg (15.35%), Iron: 2.71mg (15.06%), Potassium: 458.26mg (13.09%), Zinc: 1.94mg (12.91%), Vitamin B1: 0.19mg (12.5%), Vitamin B5: 1.12mg (11.2%), Vitamin B6: 0.19mg (9.29%), Vitamin B12: 0.53µg (8.77%), Vitamin D: 0.84µg (5.61%), Vitamin K: 2.4µg (2.28%)