



## Individual Tres Leches Cakes with Cognac and Dark Chocolate

 Vegetarian

READY IN



270 min.

SERVINGS



8

CALORIES



840 kcal

DESSERT

### Ingredients

- ☐ 5 eggs
- ☐ 1 cup granulated sugar
- ☐ 1.5 cups flour all-purpose
- ☐ 8 half and half with lids
- ☐ 14 oz condensed milk sweetened canned
- ☐ 12 oz evaporated milk canned
- ☐ 1 cup whipping cream

- ☐ 0.3 cup cognac
- ☐ 4 oz chocolate dark coarsely chopped
- ☐ 8 maraschino cherries with stems
- ☐ 1.8 cups whipping cream very cold
- ☐ 3 tablespoons powdered sugar
- ☐ 1 teaspoon vanilla

## Equipment

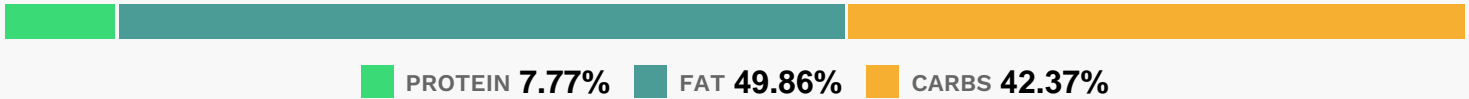
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ canning jar

## Directions

- ☐ Heat oven to 350°F. Grease 13x9-inch pan with shortening or cooking spray; line bottom of pan with cooking parchment paper.
- ☐ In large bowl, beat eggs and granulated sugar with electric mixer on medium-high speed at least 10 minutes or until mixture is fluffy and pale yellow and triples in volume. With spatula, gently but quickly incorporate flour, in 3 to 4 additions, into egg mixture.
- ☐ Pour batter into pan.
- ☐ Bake about 30 minutes or until toothpick inserted in center comes out clean. Poke entire cake with fork; cool in pan on cooling rack. With 2-inch round cutter, cut cake into rounds; reserve scraps.
- ☐ In medium bowl, mix filling ingredients with whisk until well blended.

- ☐ To assemble, place 1 cake round in bottom of each mason jar. Top each with 1/4 cup filling and about 1 tablespoon chopped chocolate. Repeat layers once. Cover jars with lids. Refrigerate at least 3 hours but not longer than 24 hours.
- ☐ In chilled medium bowl, beat 1 3/4 cups whipping cream, the powdered sugar and vanilla with electric mixer on high speed until stiff peaks form. Top each cake with whipped cream and 1 cherry.

## Nutrition Facts



## Properties

Glycemic Index:30.51, Glycemic Load:48, Inflammation Score:-8, Nutrition Score:17.905217149983%

## Nutrients (% of daily need)

Calories: 840.47kcal (42.02%), Fat: 46.16g (71.01%), Saturated Fat: 27.93g (174.58%), Carbohydrates: 88.27g (29.42%), Net Carbohydrates: 85.93g (31.25%), Sugar: 67.14g (74.6%), Cholesterol: 224.72mg (74.91%), Sodium: 173.77mg (7.56%), Alcohol: 2.68g (100%), Alcohol %: 1.21% (100%), Caffeine: 11.34mg (3.78%), Protein: 16.18g (32.35%), Vitamin B2: 0.76mg (44.42%), Selenium: 28.34µg (40.48%), Phosphorus: 384.14mg (38.41%), Calcium: 339.25mg (33.92%), Vitamin A: 1596.56IU (31.93%), Manganese: 0.45mg (22.71%), Iron: 3.55mg (19.74%), Vitamin B1: 0.28mg (18.77%), Magnesium: 69.97mg (17.49%), Folate: 67.98µg (16.99%), Copper: 0.34mg (16.91%), Potassium: 558.83mg (15.97%), Vitamin B5: 1.44mg (14.41%), Vitamin D: 2µg (13.34%), Zinc: 2mg (13.34%), Vitamin B12: 0.7µg (11.73%), Fiber: 2.34g (9.35%), Vitamin B3: 1.8mg (8.99%), Vitamin E: 1.29mg (8.61%), Vitamin B6: 0.14mg (6.93%), Vitamin K: 4.45µg (4.23%), Vitamin C: 2.6mg (3.15%)