



Mars™ Bar Cake

READY IN



55 min.

SERVINGS



8

CALORIES



423 kcal

DESSERT

Ingredients

- 6 ounce bittersweet chocolate
- 4.3 ounce milk chocolate covered caramel and nougat bars
- 4 egg whites
- 4 egg yolks
- 0.5 cup flour all-purpose
- 2 tablespoons heavy cream
- 0.5 cup butter unsalted
- 0.5 cup sugar white

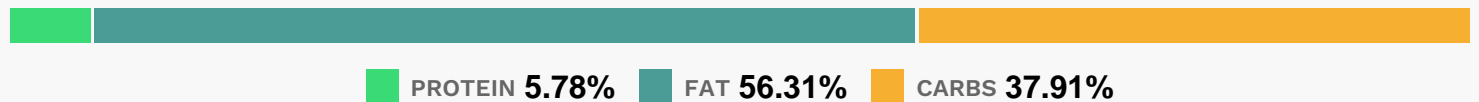
Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- double boiler
- springform pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 9 inch springform pan. In the top of a double boiler, heat chocolate and butter, stirring occasionally, until chocolate is melted and smooth.
- Remove from heat and allow to cool to lukewarm.
- Transfer chocolate mixture to a large bowl. Beat in the flour and egg yolks. In a separate large glass or metal mixing bowl, beat egg whites until foamy. Gradually add sugar, continuing to beat until stiff peaks form. Fold 1/3 of the whites into the chocolate mixture, then quickly fold in remaining whites until no streaks remain.
- Pour batter into prepared pan.
- Bake in the preheated oven for 35 minutes. Turn off oven, crack the door, and allow cake to cool in oven.
- In a saucepan, melt chocolate covered nougat candy bars with the cream.
- Pour over cooled cake.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:13.04, Inflammation Score:-4, Nutrition Score:7.5526087050853%

Nutrients (% of daily need)

Calories: 423.15kcal (21.16%), Fat: 26.72g (41.11%), Saturated Fat: 15.92g (99.47%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 38.42g (13.97%), Sugar: 30.31g (33.68%), Cholesterol: 135.04mg (45.01%), Sodium: 62.85mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.2mg (6.4%), Protein: 6.18g (12.35%), Selenium: 12.8µg (18.29%), Manganese: 0.34mg (17.14%), Copper: 0.29mg (14.53%), Phosphorus: 117.47mg (11.75%), Vitamin B2: 0.19mg (11.47%), Vitamin A: 568.52IU (11.37%), Iron: 2.04mg (11.34%), Magnesium: 41.79mg (10.45%), Fiber: 2.05g (8.2%), Folate: 28.61µg (7.15%), Vitamin E: 0.89mg (5.96%), Vitamin B1: 0.09mg (5.94%), Potassium: 199.04mg (5.69%), Zinc: 0.85mg (5.68%), Calcium: 55.11mg (5.51%), Vitamin B12: 0.31µg (5.13%), Vitamin D: 0.76µg (5.06%), Vitamin B5: 0.42mg (4.21%), Vitamin B3: 0.67mg (3.36%), Vitamin K: 3.22µg (3.06%), Vitamin B6: 0.04mg (2.23%)