



Mexican Chocolate Pound Cake

READY IN



194 min.

SERVINGS



16

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 16 servings garnish: almonds toasted sliced
- ☐ 8 oz semisweet chocolate baking squares chopped
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 16 servings mexican chocolate sauce
- ☐ 0.5 cup chocolate syrup
- ☐ 4 large eggs
- ☐ 2.5 cups flour all-purpose

- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

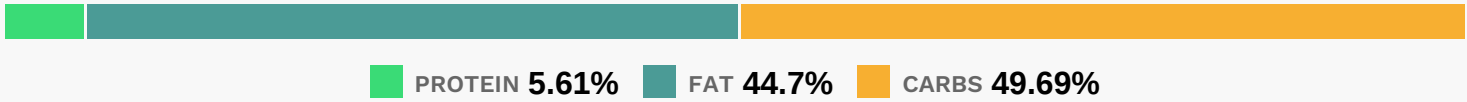
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 32
- ☐ Microwave chocolate baking squares in a microwave-safe bowl at HIGH 1 minute and 15 seconds or until chocolate is melted and smooth, stirring at 15-second intervals. Beat butter at medium speed with a heavy-duty electric stand mixer 2 minutes or until creamy. Gradually add granulated sugar, beating 5 to 7 minutes or until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears after each addition. Stir in melted chocolate, chocolate syrup, and vanilla until smooth.
- ☐ Combine flour and next 3 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Pour batter into a greased and floured 10-inch (14-cup) tube pan.
- ☐ Bake at 325 for 1 hour and 10 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan to wire rack, and let cool completely (about 1 hour and 30 minutes).
- ☐ Sprinkle with powdered sugar, if desired.
- ☐ Serve with Mexican Chocolate Sauce.
- ☐ Garnish, if desired.

- ☐ *2 (4-oz.) packages Mexican chocolate, chopped, may be substituted. Omit groundcinnamon.
- ☐ Note: We tested with Nestle Abuelita Marqueta Mexican chocolate.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:24.11, Inflammation Score:-4, Nutrition Score:7.96304346289%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 391.45kcal (19.57%), Fat: 19.57g (30.11%), Saturated Fat: 11.25g (70.3%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 46.83g (17.03%), Sugar: 29.87g (33.19%), Cholesterol: 79.51mg (26.5%), Sodium: 172.27mg (7.49%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Caffeine: 12.82mg (4.27%), Protein: 5.52g (11.04%), Manganese: 0.41mg (20.56%), Selenium: 12.66µg (18.08%), Copper: 0.28mg (14.08%), Iron: 2.3mg (12.76%), Vitamin B2: 0.21mg (12.49%), Phosphorus: 116.84mg (11.68%), Vitamin B1: 0.17mg (11.6%), Folate: 43.47µg (10.87%), Magnesium: 41.94mg (10.48%), Vitamin A: 454.28IU (9.09%), Fiber: 2.12g (8.5%), Vitamin B3: 1.37mg (6.87%), Zinc: 0.86mg (5.71%), Vitamin E: 0.85mg (5.69%), Potassium: 175mg (5%), Calcium: 45.37mg (4.54%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.23µg (3.84%), Vitamin D: 0.44µg (2.97%), Vitamin K: 2.27µg (2.16%), Vitamin B6: 0.04mg (2.15%)