



Mini Chocolate Loaf Cakes with Ganache

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup buttermilk
- ☐ 2 oz cake flour
- ☐ 0.3 cup chocolate chips
- ☐ 0.3 cup natural cocoa powder unsweetened
- ☐ 0.3 cup hot-brewed coffee cooled brewed
- ☐ 2 tablespoons eggs lightly beaten
- ☐ 3.5 oz granulated sugar
- ☐ 1 oz heavy cream

- ☐ 0.1 teaspoon salt
- ☐ 1 oz semi-sweet chocolate chopped
- ☐ 4 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract

Equipment

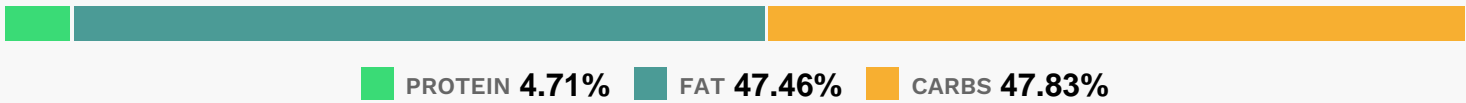
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 325F. Rub two 3×5 inch mini loaf pans with shortening or butter and dust with cocoa powder.
- ☐ Combine the flour, sugar, cocoa, baking soda and salt in small yet deep mixing bowl and stir very well.
- ☐ Add the soft butter and squish it around with the back of a spoon, coating the flour mixture. Stir in the buttermilk. With a hand-held mixer, beat the mixture for about two minutes, scraping sides of bowl, until smooth.
- ☐ Mix the lightly beaten egg, vanilla and cooled coffee together in a small bowl or measuring cup.
- ☐ Add to the batter in three parts, stirring gently with a spoon until mixed. Stir in the chocolate chips.

- ☐
- Bake on center rack at 325 F for about 45 minutes or until a toothpick inserted in the center comes out clean. Cool in the pan set on a wire rack for about 10 minutes, then carefully turn from pan.To make the ganache, heat the cream for about 30 seconds (or just until hot) in a microwave-safe measuring cup.
- ☐
- Add the chocolate.
- ☐
- Let sit for a minute, then stir until melted and smooth. This ratio thickens pretty quickly and is harder to drizzle So to drizzle, transfer to a zipper bag (heavy duty is best, but regular is okay if you're careful not to break it) snip a tiny bit off the bottom corner of the bag, then squeeze lines of ganache over the loaves. Chill to set the ganache.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:24.2, Inflammation Score:-5, Nutrition Score:6.7186955804734%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 402.15kcal (20.11%), Fat: 22.1g (34%), Saturated Fat: 13.38g (83.61%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 47.21g (17.17%), Sugar: 34.96g (38.85%), Cholesterol: 67.69mg (22.56%), Sodium: 241.88mg (10.52%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 24.38mg (8.13%), Protein: 4.94g (9.87%), Manganese: 0.42mg (21.07%), Copper: 0.33mg (16.63%), Selenium: 10.32µg (14.74%), Magnesium: 46.51mg (11.63%), Fiber: 2.9g (11.58%), Phosphorus: 106.96mg (10.7%), Vitamin A: 522.55IU (10.45%), Iron: 1.48mg (8.23%), Vitamin B2: 0.12mg (7%), Potassium: 217.26mg (6.21%), Zinc: 0.86mg (5.75%), Calcium: 51.51mg (5.15%), Vitamin D: 0.67µg (4.44%), Vitamin E: 0.58mg (3.89%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.18µg (3.04%), Folate: 11.62µg (2.91%), Vitamin B1: 0.03mg (2.14%), Vitamin B3: 0.38mg (1.89%), Vitamin K: 1.98µg (1.88%), Vitamin B6: 0.04mg (1.76%)