



Mississippi Mud Cake

READY IN



180 min.

SERVINGS



12

CALORIES



556 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 0.5 cup bourbon
- 4 large eggs
- 0.5 cup espresso grounds brewed
- 2 cups flour all-purpose
- 1.5 cups granulated sugar
- 2 teaspoons espresso powder instant
- 1 cup pecans coarsely chopped
- 0.5 teaspoon salt fine

- 0.8 cup semi chocolate chips
- 8 ounces butter unsalted plus more for coating the cake pan cut into 16 pieces,
- 6 ounces baker's chocolate unsweetened coarsely chopped
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- wire rack
- toothpicks
- spatula
- kugelhopf pan

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Generously coat a 12-cup Bundt pan with butter; set aside.
- Place the flour, baking soda, espresso powder, and salt in a medium mixing bowl and whisk to aerate and break up any lumps; set aside.
- Place the measured butter, chocolate, and brewed espresso in a medium saucepan over medium heat, stirring occasionally, until the butter and chocolate are melted and the mixture is combined (it will look curdled).
- Remove from the heat and stir in the granulated sugar and bourbon until smooth and the sugar has dissolved; set aside.
- Place the eggs and vanilla in a large bowl and whisk until the eggs are broken up.
- Whisk in the chocolate mixture until smooth.

- Add the flour mixture and gently stir with a rubber spatula until just combined. Stir in the chocolate chips and pecans, if using.
- Pour the batter into the prepared pan and bake until a cake tester or toothpick inserted into the center of the cake comes out clean, about 45 minutes.
- Remove the pan to a wire rack and let the cake cool in the pan until just warm to the touch, about 45 minutes. Turn the cake out onto the wire rack and let it cool completely, at least 1 hour more. Dust with powdered sugar or serve with Espresso-Bourbon Caramel Sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:28.99, Inflammation Score:-7, Nutrition Score:14.424347593085%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 9.78mg, Catechin: 9.78mg, Catechin: 9.78mg, Catechin: 9.78mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 20.18mg, Epicatechin: 20.18mg, Epicatechin: 20.18mg, Epicatechin: 20.18mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 555.88kcal (27.79%), Fat: 35.48g (54.59%), Saturated Fat: 17.9g (111.86%), Carbohydrates: 52.65g (17.55%), Net Carbohydrates: 47.96g (17.44%), Sugar: 29.74g (33.05%), Cholesterol: 103.31mg (34.44%), Sodium: 311.8mg (13.56%), Alcohol: 3.45g (100%), Alcohol %: 3.19% (100%), Caffeine: 47.09mg (15.7%), Protein: 7.8g (15.59%), Manganese: 1.31mg (65.38%), Copper: 0.76mg (38.1%), Iron: 4.71mg (26.15%), Magnesium: 92.56mg (23.14%), Selenium: 14.98µg (21.4%), Fiber: 4.69g (18.75%), Phosphorus: 172.76mg (17.28%), Vitamin B1: 0.26mg (17.09%), Zinc: 2.47mg (16.43%), Vitamin B2: 0.24mg (14.12%), Folate: 52.59µg (13.15%), Vitamin A: 573.01IU (11.46%), Vitamin B3: 2.21mg (11.03%), Potassium: 286.93mg (8.2%), Vitamin E: 0.88mg (5.85%), Vitamin B5: 0.51mg (5.07%), Calcium: 45.42mg (4.54%), Vitamin D: 0.62µg (4.11%), Vitamin K: 3.95µg (3.76%), Vitamin B12: 0.2µg (3.35%), Vitamin B6: 0.07mg (3.26%)