



WHATSheATE



New Orleans Double-chocolate Praline-fudge Cake

♥♥ Popular

READY IN



70 min.

SERVINGS



8

CALORIES



943 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup cocoa
- ☐ 1 cup confectioners' sugar
- ☐ 2 large eggs

- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semisweet chocolate morsels
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 0.3 cup whipping cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ wax paper
- ☐ microwave

Directions

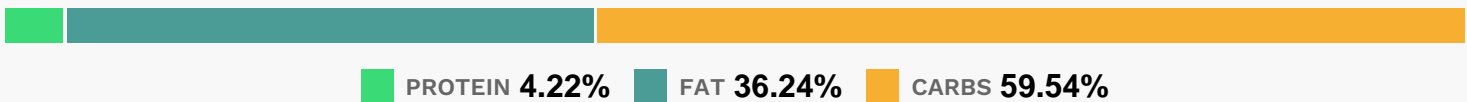
- ☐ Cake: 2 Preheat oven to 350 degrees.3
- ☐ Combine butter, cocoa and water in a saucepan. 4 Cook, stirring constantly, over low heat until the mixture is smooth and butter has melted; remove from heat and cool.5
- ☐ Combine the buttermilk, eggs, baking soda and vanilla; beat on medium speed with a mixer until smooth.6
- ☐ Combine the butter mixture and buttermilk mixture; beat until well blended.7
- ☐ Combine the sugar, flour and salt in a bowl; mix well.8 Gradually add the flour mixture to the buttermilk mixture; beat until blended.9 The batter should be thin.10 Spray three 8" round cake pans with cooking spray and line them with wax paper.11
- ☐ Pour the batter evenly into the pans and bake at 350 degrees for 22-24 minutes or until cake tests for doneness.12 Cool in pans on wire racks for 10 minutes; remove from pans and cool

completely.13 To assemble the cake:.14

- ☐
- Spread 1/2 c ganache between the cake layers; spread the remainder on the sides of the cake and chill for 30 minutes.15 Slowly pour the frosting over the center of the cake.16

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:29.51, Glycemic Load:52.45, Inflammation Score:-7, Nutrition Score:18.253043485724%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 943.12kcal (47.16%), Fat: 38.9g (59.85%), Saturated Fat: 17.62g (110.15%), Carbohydrates: 143.8g (47.93%), Net Carbohydrates: 137.06g (49.84%), Sugar: 109.57g (121.75%), Cholesterol: 77.31mg (25.77%), Sodium: 379.65mg (16.51%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Caffeine: 44.88mg (14.96%), Protein: 10.19g (20.38%), Manganese: 1.55mg (77.58%), Copper: 0.91mg (45.42%), Magnesium: 122.64mg (30.66%), Iron: 5.48mg (30.43%), Selenium: 20.76µg (29.65%), Fiber: 6.75g (26.98%), Phosphorus: 254.3mg (25.43%), Vitamin B1: 0.37mg (24.41%), Vitamin B2: 0.32mg (18.67%), Folate: 68.55µg (17.14%), Zinc: 2.48mg (16.52%), Potassium: 472.57mg (13.5%), Vitamin B3: 2.5mg (12.52%), Calcium: 102.57mg (10.26%), Vitamin A: 445.43IU (8.91%), Vitamin B5: 0.71mg (7.14%),

Vitamin E: 0.88mg (5.83%), Vitamin B6: 0.1mg (5.13%), Vitamin B12: 0.29µg (4.82%), Vitamin K: 4.77µg (4.55%),
Vitamin D: 0.6µg (4.02%)