

## Normandie Cake

READY IN



45 min.

SERVINGS



18

CALORIES



326 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 0.3 teaspoon cream of tartar
- 3 large egg whites
- 3 large egg yolks
- 0.5 cup milk fat-free
- 1.5 cups milk fat-free
- 2 cups flour all-purpose
- 1.5 cups granulated sugar divided

- 18 pecan halves
- 3 cups powdered sugar
- 0.3 teaspoon salt
- 1 ounce bittersweet chocolate chopped
- 2 ounces bittersweet chocolate cooled melted
- 0.3 cup stick margarine
- 0.3 cup stick margarine softened
- 2 tablespoons cocoa unsweetened
- 1 tablespoon vanilla extract
- 1 teaspoon vanilla extract

## Equipment

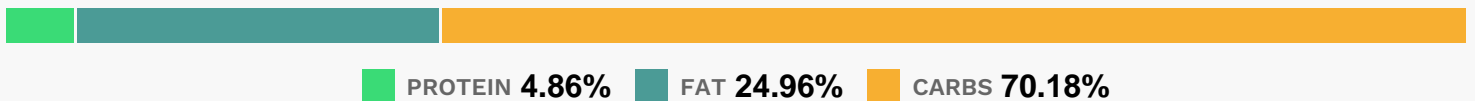
- bowl
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

## Directions

- Preheat oven to 35
- To prepare cake, beat 1 1/4 cups granulated sugar, 1/4 cup butter, and egg yolks at high speed of a mixer until well-blended (about 5 minutes).
- Add 1 tablespoon vanilla and melted chocolate; beat well. Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine the flour, cocoa, baking powder, and salt, stirring well with a whisk.

- Add flour mixture to sugar mixture alternately with 1 1/2 cups milk, beginning and ending with flour mixture.
- Beat egg whites and cream of tartar at high speed of a mixer until foamy using clean, dry beaters. Gradually add 1/4 cup granulated sugar, 1 tablespoon at a time; beat until stiff peaks form. Fold egg white mixture into batter.
- Pour into 2 (8-inch) round cake pans coated with cooking spray. Sharply tap pans once on counter to remove air bubbles.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.
- To prepare the icing, combine brown sugar, 1/2 cup milk, 1/4 cup butter, and 1 ounce chocolate in a small, heavy saucepan.
- Place over medium heat until chocolate melts, stirring occasionally with a whisk. Bring to a boil, and cook for 7 minutes or until slightly thick.
- Pour into a large bowl, and cool to room temperature. Stir in 1 teaspoon vanilla.
- Add powdered sugar, beating well until combined.
- Place 1 cake layer on a plate.
- Spread top with 1/2 cup icing, and top with other cake layer.
- Spread remaining icing over top and sides of cake. Arrange pecans on top.

## Nutrition Facts



## Properties

Glycemic Index:17.42, Glycemic Load:19.84, Inflammation Score:-3, Nutrition Score:5.3752173949033%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 325.54kcal (16.28%), Fat: 9.16g (14.09%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 56.82g (20.66%), Sugar: 45.51g (50.56%), Cholesterol: 31.7mg (10.57%), Sodium: 154.51mg (6.72%), Alcohol: 0.32g (100%), Alcohol %: 0.39% (100%), Caffeine: 5.34mg (1.78%), Protein: 4.01g (8.02%), Manganese: 0.25mg (12.62%), Selenium: 8.76µg (12.52%), Vitamin B1: 0.14mg (9.43%), Vitamin B2: 0.16mg (9.36%), Phosphorus: 85.36mg (8.54%), Folate: 30.93µg (7.73%), Calcium: 73.8mg (7.38%), Iron: 1.24mg (6.89%), Vitamin A: 334.61IU (6.69%), Copper: 0.13mg (6.35%), Magnesium: 20.8mg (5.2%), Vitamin B3: 0.94mg (4.69%), Fiber: 1.09g (4.37%), Vitamin B12: 0.23µg (3.89%), Potassium: 133.32mg (3.81%), Zinc: 0.52mg (3.47%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.29mg (2.95%), Vitamin E: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.03%)