



Peppermint Fudge Cake

READY IN



45 min.

SERVINGS



12

CALORIES



904 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 1.5 teaspoons baking soda
- ☐ 3 large eggs
- ☐ 0.7 cup peppermint candies hard crushed
- ☐ 0.5 teaspoon salt
- ☐ 16 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.3 cup cream sour
- ☐ 2 cups sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)

- ☐ 1 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.7 cups water boiling
- ☐ 2 cups whipping cream
- ☐ 10 ounces chocolate white chopped (such as Lindt or Baker's)

Equipment

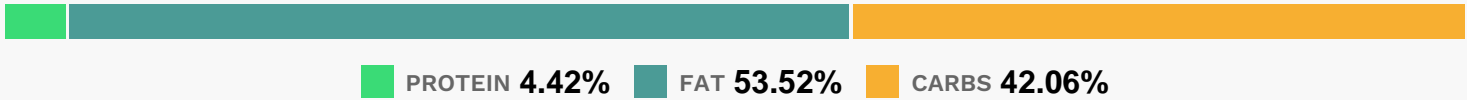
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat oven to 325°F. Butter and flour three 9-inch-diameter cake pans with 1 1/2-inch-high sides.
- ☐ Whisk flour, baking soda and salt in small bowl to blend.
- ☐ Place cocoa in medium bowl; whisk in 1 2/3 cups boiling water. Cool cocoa mixture to room temperature, whisking occasionally.
- ☐ Using electric mixer, beat butter in large bowl until fluffy. Gradually beat in sugar, then vanilla. Beat in eggs 1 at a time. At low speed, beat in flour mixture in 3 additions alternately with cocoa mixture in 2 additions. Divide batter equally among prepared pans.
- ☐ Bake cakes until tester inserted into center comes out clean, about 25 minutes. Cool cakes in pans 10 minutes.
- ☐ Cut around cakes to loosen; turn out onto racks. Cool completely.
- ☐ Combine white chocolate, 3/4 cup whipping cream and sour cream in heavy medium saucepan. Stir over low heat just until chocolate is melted and smooth.

- ☐ Transfer white chocolate mixture to large bowl; cool to barely lukewarm, whisking occasionally, about 20 minutes.
- ☐ Mix in candies. Beat remaining 1 cup cream in medium bowl to soft peaks. Fold cream into barely lukewarm white chocolate mixture in 4 additions. Chill mousse until beginning to set, about 2 hours.
- ☐ Place 1 cake layer on 8-inch cardboard round.
- ☐ Spread half of mousse over top of cake. Top with second cake layer, remaining mousse and third cake layer. Chill assembled cake until mousse is cold and set, about 3 hours.
- ☐ Bring cream to simmer in heavy large saucepan.
- ☐ Remove from heat.
- ☐ Add bittersweet chocolate; whisk until melted and smooth. Cool ganache until thick but still pourable, about 45 minutes.
- ☐ Place cake on rack set over baking sheet.
- ☐ Pour ganache over cake, spreading with metal spatula to cover sides evenly. Chill cake until ganache sets, at least 30 minutes and up to 1 day.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:50.78, Inflammation Score:-8, Nutrition Score:16.709565119899%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 904.25kcal (45.21%), Fat: 55.14g (84.83%), Saturated Fat: 33.24g (207.73%), Carbohydrates: 97.5g (32.5%), Net Carbohydrates: 91.21g (33.17%), Sugar: 69.09g (76.76%), Cholesterol: 142.05mg (47.35%), Sodium: 294.71mg (12.81%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Caffeine: 48.99mg (16.33%), Protein: 10.24g (20.47%), Manganese: 0.93mg (46.39%), Copper: 0.81mg (40.64%), Magnesium: 115.23mg (28.81%), Phosphorus: 270.93mg (27.09%), Iron: 4.69mg (26.07%), Selenium: 17.92µg (25.6%), Fiber: 6.29g (25.14%), Vitamin A: 1179.17IU (23.58%), Vitamin B2: 0.36mg (21.08%), Vitamin B1: 0.21mg (14.07%), Zinc: 2.11mg (14.05%), Potassium: 480mg (13.71%), Calcium: 126.74mg (12.67%), Folate: 50.39µg (12.6%), Vitamin B3: 1.93mg (9.64%), Vitamin E: 1.42mg

(9.48%), Vitamin D: 1.17µg (7.79%), Vitamin K: 7.82µg (7.44%), Vitamin B5: 0.7mg (6.96%), Vitamin B12: 0.42µg (6.95%), Vitamin B6: 0.08mg (4.08%)