



Scissor Fingers Cake

READY IN



45 min.

SERVINGS



12

CALORIES



366 kcal

DESSERT

Ingredients

- ☐ 2 oz sqs. baking chocolate unsweetened
- ☐ 1 cup butter softened
- ☐ 4 pasteurized eggs separated
- ☐ 18 ladyfingers split divided
- ☐ 2.3 cups powdered sugar
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 12 servings garnish: whipped cream sliced

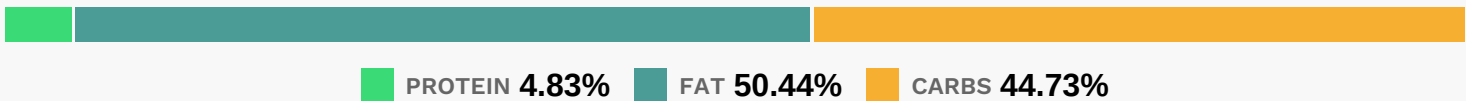
Equipment

- ☐ bowl
- ☐ double boiler
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Line the bottom and sides of an ungreased 9" round springform pan with split ladyfingers, trimming off the bottoms to make ladyfingers stand. Set aside. In a double boiler over medium heat, cook and stir chocolate, sugar and water until chocolate is melted and smooth. In a separate bowl, beat egg yolks and gradually add to chocolate mixture, stirring constantly until smooth; cool. Blend together butter, powdered sugar and vanilla; mix well.
- ☐ Add chocolate mixture; stir well and set aside. With an electric mixer on high speed, beat egg whites until stiff peaks form; fold into chocolate mixture. Spoon mixture into lined pan. Arrange any remaining ladyfingers on top. Top with whipped cream and sprinkles. Refrigerate until ready to serve. To serve, remove outer ring of springform pan.
- ☐ Place cake on cake stand. Use a tiny dot of whipped cream to add a sliced almond to each of the ladyfingers to resemble fingernails.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:5.83, Inflammation Score:-4, Nutrition Score:5.4604347788769%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 366.38kcal (18.32%), Fat: 21.24g (32.67%), Saturated Fat: 12.32g (77.02%), Carbohydrates: 42.37g (14.12%), Net Carbohydrates: 41.3g (15.02%), Sugar: 30.49g (33.88%), Cholesterol: 131.7mg (43.9%), Sodium: 168.65mg (7.33%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.78mg (1.26%), Protein: 4.58g (9.16%), Manganese: 0.27mg (13.25%), Vitamin A: 643.68IU (12.87%), Vitamin B2: 0.17mg (9.78%), Copper: 0.19mg (9.62%), Iron: 1.73mg (9.6%), Phosphorus: 85.84mg (8.58%), Selenium: 5.3µg (7.57%), Zinc: 0.88mg (5.9%), Vitamin E: 0.87mg (5.79%), Magnesium: 22.34mg (5.58%), Folate: 21.93µg (5.48%), Vitamin B12: 0.29µg (4.77%), Vitamin B5: 0.44mg (4.42%), Fiber: 1.07g (4.3%), Vitamin B1: 0.06mg (4.18%), Calcium: 28.44mg (2.84%), Potassium: 90.84mg (2.6%), Vitamin B6: 0.05mg (2.42%), Vitamin B3: 0.47mg (2.34%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.83µg (1.74%)