

Secret Midnight Moon Better than Chocolate Sex Cake

READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

335 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 0.3 cup buttermilk
- ☐ 0.8 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups self-rising flour
- ☐ 0.5 cup shortening
- ☐ 4 fluid ounces strong coffee decoction brewed

- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 0.5 cup irish whiskey
- ☐ 2 cups sugar white

Equipment

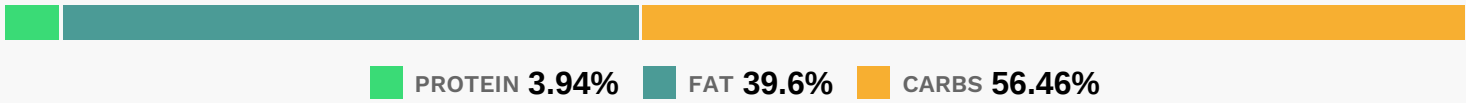
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan with cooking spray.
- ☐ Combine flour and white sugar in a large bowl and set aside.
- ☐ Put 1/2 cup buttermilk into a large glass and add baking soda, stir until combined, set aside.
- ☐ In medium sauce pan over medium heat combine water, shortening, 1/2 cup butter and 4 tablespoons cocoa. Stir until shortening and butter are melted. Allow to boil on medium heat for 5 minutes.
- ☐ Add chocolate mixture to dry ingredients and mix until well combined.
- ☐ Add buttermilk baking soda mixture, stir until blended.
- ☐ Add eggs and mix.
- ☐ Add the whiskey and the espresso and keep mixing.
- ☐ Add 1 teaspoon vanilla and mix well.
- ☐ Pour into a 9 x 13 inch pan that has been sprayed with cooking spray.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes.
- ☐ Combine 1/2 cup butter, 1/3 cup buttermilk, and 3 tablespoons cocoa in medium sauce pan, allow to come to a boil over medium heat.

- ☐
- Remove from heat and add confectioners sugar and mix well, add 1 teaspoon vanilla and chopped nuts.
- ☐
- Pour over hot cake. Allow cake to cool. The longer this sets, the better it gets!

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:26.53, Inflammation Score:-2, Nutrition Score:3.1247825622559%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 335.32kcal (16.77%), Fat: 14.21g (21.85%), Saturated Fat: 6g (37.53%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 44.79g (16.29%), Sugar: 32.88g (36.53%), Cholesterol: 38.68mg (12.89%), Sodium: 137.72mg (5.99%), Alcohol: 2.92g (100%), Alcohol %: 3.43% (100%), Caffeine: 5.45mg (1.82%), Protein: 3.18g (6.35%), Selenium: 9.03µg (12.9%), Manganese: 0.18mg (8.83%), Vitamin E: 0.73mg (4.85%), Vitamin A: 229.9IU (4.6%), Phosphorus: 41.96mg (4.2%), Vitamin K: 4.28µg (4.08%), Copper: 0.08mg (4%), Vitamin B2: 0.06mg (3.74%), Fiber: 0.77g (3.08%), Magnesium: 10.97mg (2.74%), Vitamin B5: 0.26mg (2.61%), Iron: 0.42mg (2.33%), Folate: 9.23µg (2.31%), Zinc: 0.32mg (2.14%), Calcium: 16.07mg (1.61%), Potassium: 53.97mg (1.54%), Vitamin B1: 0.02mg (1.5%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.19µg (1.24%), Vitamin B3: 0.22mg (1.1%)