



## Shauna's Boston Cream Cake

READY IN



140 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 3 tablespoons butter softened
- 2 tablespoons cake flour
- 1 cup confectioners' sugar sifted
- 4 egg yolks
- 0.3 cup flour all-purpose
- 1.5 cups milk
- 0.3 teaspoon salt
- 2 ounce bittersweet chocolate

- 0.8 teaspoon vanilla extract
- 2 tablespoons water hot or as needed
- 0.3 cup sugar white

## Equipment

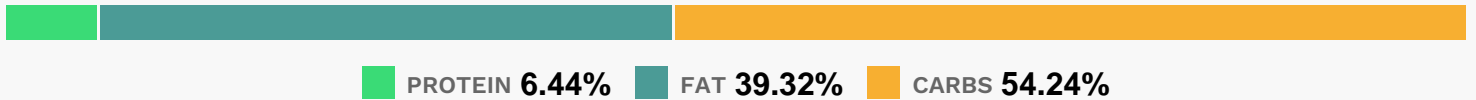
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- double boiler
- hand mixer
- toothpicks
- cake form
- stove
- spatula

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch cake pan.
- Mix both amounts of cake flour, baking powder, and salt in a bowl. Beat 3 egg yolks in a separate bowl with an electric mixer until thickened and lemon-colored, about 5 minutes.
- Beat 2/3 cup white sugar, 3 1/2 tablespoons butter, and 3/4 teaspoon vanilla extract in a bowl with an electric mixer until light and fluffy; beat in egg yolks. Beat flour mixture in several additions, alternating with 6 tablespoons milk and ending with flour mixture, into creamed butter-sugar mixture on low until incorporated.
- Pour batter into the prepared cake pan.
- Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, 20 to 25 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

- Pour 1 1/2 cups milk into a saucepan; bring to a boil.
- Remove from heat.
- Whisk 4 egg yolks and 1/3 cup white sugar in a bowl until well combined; whisk in all-purpose flour.
- Pour 2 tablespoons of hot milk into egg mixture, whisking constantly. Slowly whisk in remaining hot milk. Return saucepan to stove and bring almost to a boil, stirring constantly, until thickened.
- Pour custard into a heat-proof bowl; stir in 1 teaspoon vanilla extract. Refrigerate until chilled.
- Melt 3 tablespoons butter and chocolate in the top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching.
- Remove from heat; stir in confectioners' sugar and 3/4 teaspoon vanilla extract.
- Add water as needed to create desired consistency.
- Cut cake in half horizontally.
- Place bottom cake layer on a serving platter.
- Spread cooled custard onto bottom half; place top cake over custard layer.
- Spread frosting on top and sides of cake. Chill until serving time.

## Nutrition Facts



## Properties

Glycemic Index:49.01, Glycemic Load:9.74, Inflammation Score:-2, Nutrition Score:5.2817391519961%

## Nutrients (% of daily need)

Calories: 247.42kcal (12.37%), Fat: 10.92g (16.79%), Saturated Fat: 5.98g (37.38%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 33.17g (12.06%), Sugar: 27.91g (31.01%), Cholesterol: 114.4mg (38.13%), Sodium: 182.56mg (7.94%), Alcohol: 0.13g (100%), Alcohol %: 0.16% (100%), Caffeine: 6.1mg (2.03%), Protein: 4.02g (8.05%), Selenium: 8.72µg (12.45%), Phosphorus: 117.89mg (11.79%), Calcium: 104.2mg (10.42%), Vitamin B2: 0.14mg (8.3%), Vitamin B12: 0.44µg (7.4%), Manganese: 0.14mg (7.16%), Vitamin A: 338.67IU (6.77%), Vitamin D: 0.99µg (6.6%), Copper: 0.11mg (5.36%), Iron: 0.96mg (5.34%), Folate: 21.02µg (5.26%), Vitamin B1: 0.08mg (5.07%), Magnesium: 20.03mg (5.01%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.63mg (4.22%), Potassium: 126.95mg (3.63%), Vitamin B6: 0.06mg (3.22%), Fiber: 0.72g (2.86%), Vitamin E: 0.43mg (2.85%), Vitamin B3: 0.36mg (1.81%), Vitamin K: 1.1µg (1.04%)