



Stout Cake with Caramel Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



729 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.5 teaspoon baking soda
- ☐ 8 servings mrs richardson's butterscotch caramel sauce for topping
- ☐ 0.8 cups cream cheese at room temperature
- ☐ 1 cup brown sugar dark packed
- ☐ 2 large eggs at room temperature
- ☐ 1 tablespoon espresso powder
- ☐ 2 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 1 cup chocolate stout beer at room temperature
- ☐ 1 cup butter unsalted cut into pieces (2 sticks)
- ☐ 0.8 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract pure

Equipment

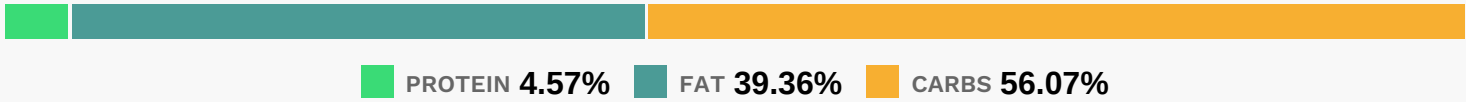
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ kugelhkopf pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Adjust racks to the center of the oven. Spray a Bundt cake pan very well with nonstick spray.
- ☐ Add the butter to a saucepan over medium heat. Once gently simmering, whisk in the cocoa, espresso and beer until blended and the butter is melted. Set aside to cool while you prepare the remaining ingredients.
- ☐ Add the sugars, eggs, cream cheese and vanilla to a large bowl and beat together using a hand mixer until fluffy, about 4 minutes.
- ☐ Whisk the flour, baking soda and baking powder together in a medium bowl.
- ☐ Slowly beat in the cooled cocoa mixture to the egg and sugar mixture. Beat until incorporated, and then add the dry ingredients in increments of three, and continue beating until blended.
- ☐ Add the batter to the prepared pan and bake until a toothpick inserted into the center of the cake comes out clean, about 45 minutes.

- ☐ Let cool completely before removing from the pan.
- ☐ Serve with caramel sauce.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:35.05, Inflammation Score:-7, Nutrition Score:12.093913170954%

Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 728.92kcal (36.45%), Fat: 33.02g (50.8%), Saturated Fat: 19.97g (124.79%), Carbohydrates: 105.85g (35.28%), Net Carbohydrates: 102.02g (37.1%), Sugar: 75.58g (83.97%), Cholesterol: 129mg (43%), Sodium: 453.09mg (19.7%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 38.17mg (12.72%), Protein: 8.62g (17.24%), Manganese: 0.58mg (29%), Selenium: 18.78µg (26.83%), Vitamin A: 1098.4IU (21.97%), Copper: 0.38mg (19.19%), Vitamin B1: 0.26mg (17.53%), Vitamin B2: 0.3mg (17.37%), Folate: 69.48µg (17.37%), Iron: 3.07mg (17.05%), Phosphorus: 168.62mg (16.86%), Fiber: 3.83g (15.31%), Magnesium: 57.7mg (14.43%), Vitamin B3: 2.27mg (11.35%), Calcium: 100.42mg (10.04%), Potassium: 294.5mg (8.41%), Zinc: 1.07mg (7.16%), Vitamin E: 1.02mg (6.8%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.68µg (4.5%), Vitamin B6: 0.07mg (3.44%), Vitamin K: 2.78µg (2.65%)