



Toasted Pound Cake With Strawberries and Chocolate Cream

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

428 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate syrup plus more for drizzling
- ☐ 1 cup heavy cream cold
- ☐ 6 slices round cake
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 1 quart strawberries
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons butter unsalted

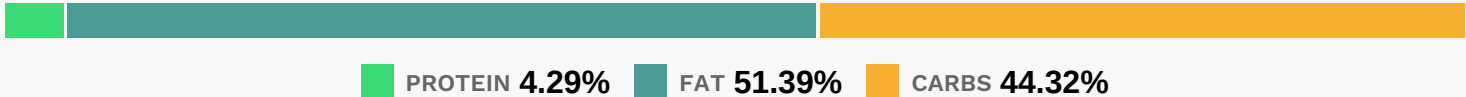
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ blender
- ☐ microwave

Directions

- ☐ Beat the heavy cream and 1/4 cup chocolate syrup in a bowl with a mixer on medium-high speed until soft peaks form, about 3 minutes. Refrigerate until ready to use. Hull and chop all but 6 strawberries and toss them with the sugar in a separate bowl; set aside.
- ☐ Melt the chocolate in a microwave-safe bowl on medium-high power in 30-second intervals, stirring, until smooth, about 2 minutes. Dip the 6 whole berries in the chocolate, then transfer to a sheet of parchment paper and let cool.
- ☐ Heat 2 tablespoons butter in a large nonstick skillet over medium heat.
- ☐ Add the pound cake slices and cook until golden brown, 2 to 3 minutes per side; transfer to a plate. Wipe out the skillet and melt the remaining 1 tablespoon butter.
- ☐ Add the chopped strawberries and 1 tablespoon water and cook until juicy, about 2 minutes.
- ☐ Drizzle some chocolate syrup on each plate; top each with a piece of pound cake. Top with some of the chopped strawberries and their juices, a dollop of the chocolate whipped cream and a chocolate-covered strawberry.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:6.38, Inflammation Score:-7, Nutrition Score:14.590434727461%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 427.52kcal (21.38%), Fat: 25.05g (38.55%), Saturated Fat: 15.13g (94.56%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 44.23g (16.08%), Sugar: 33.55g (37.28%), Cholesterol: 91.04mg (30.35%), Sodium: 209.94mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.88mg (2.96%), Protein: 4.7g (9.41%), Vitamin C: 93.01mg (112.73%), Manganese: 0.85mg (42.28%), Fiber: 4.39g (17.54%), Vitamin A: 827.88IU (16.56%), Phosphorus: 144.34mg (14.43%), Copper: 0.28mg (14.1%), Folate: 54µg (13.5%), Iron: 2.37mg (13.15%), Magnesium: 51.48mg (12.87%), Vitamin B2: 0.2mg (12%), Potassium: 392.04mg (11.2%), Vitamin B1: 0.12mg (8.21%), Calcium: 81.75mg (8.17%), Selenium: 5.61µg (8.02%), Vitamin E: 1.12mg (7.43%), Vitamin B3: 1.34mg (6.68%), Vitamin K: 6.03µg (5.74%), Zinc: 0.82mg (5.45%), Vitamin B6: 0.11mg (5.39%), Vitamin D: 0.8µg (5.33%), Vitamin B5: 0.48mg (4.79%), Vitamin B12: 0.16µg (2.74%)