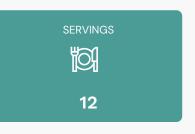


Triple-Chocolate Cake

airy Free

READY IN

120 min.





DESSERT

Ingredients

1.5 cups semi chocolate chips
0.5 cup butter
0.5 cup flour all-purpose
4 eggs separated
0.5 cup sugar
2 tablespoons butter
2 tablespoons plus

0.3 cup peppermint candies white

Ш	1 teaspoon shortening
Ec	Juipment
	bowl
	frying pan
	sauce pan
	oven
	knife
	wire rack
	hand mixer
	toothpicks
	cake form
Di	rections
	Heat oven to 325°F. Grease 9-inch round cake pan. In 2-quart heavy saucepan, melt 1 cup of the chocolate chips and 1/2 cup butter over low heat, stirring constantly; cool 5 minutes. Stir in flour until smooth. Stir in egg yolks until well blended.
	In large bowl, beat egg whites with electric mixer on high speed until foamy. Beat in sugar, 1 tablespoon at a time, until soft peaks form. Fold chocolate mixture into egg whites.
	Spread in pan.
	Bake 30 to 35 minutes or until toothpick inserted in center comes out clean (top will appear dry and cracked). Cool 10 minutes. Run knife around edge of pan to loosen; remove cake from pan to cooling rack. Cool completely, about 1 hour.
	Place cake on serving plate.
	In 1-quart saucepan, heat remaining 1/2 cup chocolate chips, 2 tablespoons butter and the corn syrup over low heat, stirring constantly, until chocolate chips are melted.
	Spread over top of cake, allowing some to drizzle down side.
	In 1-quart saucepan, melt glaze ingredients over low heat, stirring constantly.
	Drizzle over top of cake.

Nutrition Facts

Properties

Glycemic Index:13.67, Glycemic Load:9.23, Inflammation Score:-5, Nutrition Score:6.0708695610418%

Nutrients (% of daily need)

Calories: 327.84kcal (16.39%), Fat: 21.71g (33.39%), Saturated Fat: 8.96g (55.98%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 28.08g (10.21%), Sugar: 22.26g (24.73%), Cholesterol: 55.91mg (18.64%), Sodium: 139.81mg (6.08%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 19.35mg (6.45%), Protein: 4.11g (8.23%), Manganese: 0.34mg (16.9%), Copper: 0.3mg (14.97%), Selenium: 8.23µg (11.76%), Magnesium: 42.9mg (10.72%), Iron: 1.92mg (10.69%), Vitamin A: 512.24IU (10.24%), Phosphorus: 95.88mg (9.59%), Fiber: 1.94g (7.76%), Vitamin B2: 0.11mg (6.45%), Zinc: 0.84mg (5.59%), Vitamin E: 0.68mg (4.54%), Potassium: 158.54mg (4.53%), Folate: 16.54µg (4.14%), Vitamin B1: 0.06mg (3.83%), Calcium: 34.44mg (3.44%), Vitamin B5: 0.33mg (3.28%), Vitamin B1: 0.04mg (1.8%)