

# Chocolate Cake (Hungarian Style)

*Mrs. Michael T. Coerver*

*River Road Recipes II (1976) - The Junion League, Baton Rouge, LA*

## **Servings: 8**

### *CHOCOLATE BATTER*

*5 large eggs, separated  
1/4 teaspoon salt  
1 cup sifted powdered sugar  
1/4 cup sifted unsweetened cocoa  
1 teaspoon vanilla  
toasted sliced almonds*

### *WHIPPED CREAM FILLING*

*1 cup heavy cream  
1 tablespoon powdered sugar  
1/2 teaspoon vanilla*

### *CHOCOLATE GLAZE*

*1 tablespoon butter or margarine  
1 square unsweetened chocolate  
1/2 cup sifted powdered sugar  
2 tablespoons boiling water  
dash salt  
1/2 teaspoon vanilla*

Preheat the oven to 350 degrees.

Separate the eggs. In a bowl, beat the whites with salt until stiff but not dry. Beat in the sugar, one tablespoon at a time. Fold in the cocoa. In a bowl, beat the yolks until thick and lemony colored. Fold into the cocoa mixture. Add the vanilla.

Spread the batter in a 15x10x1-inch pan lined with waxed paper and greased.

Bake for 20 minutes.

Make the whipped cream: In a bowl, whip the cream. Add the sugar and vanilla.

Turn the cake out on a towel and very gently peel off the waxed paper. Sprinkle with powdered sugar. Cool.

Make the chocolate glaze: In a saucepan, melt the butter and chocolate. Remove from the heat. Add the sugar, water, salt and vanilla. Beat until smooth and glossy.

Cut the cake in quarters. Put the layers together with whipped cream. Spread with the glaze. Decorate with the almonds.

Chill and slice.

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Per Serving (excluding unknown items): 260 Calories; 18g Fat (59.5% calories from fat); 5g Protein; 22g Carbohydrate; 1g Dietary Fiber; 177mg Cholesterol; 137mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	260	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	59.5%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	33.1%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	7.4%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	18g	<b>Folacin (mcg):</b>	16mcg
<b>Saturated Fat (g):</b>	10g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	7mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	3
<b>Cholesterol (mg):</b>	177mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	22g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	5g		
<b>Sodium (mg):</b>	137mg		
<b>Potassium (mg):</b>	95mg		
<b>Calcium (mg):</b>	39mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	647IU		
<b>Vitamin A (r.e.):</b>	183RE		

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3
<b>Other Carbohydrates:</b>	1 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 260 **Calories from Fat:** 154

### % Daily Values\*

<b>Total Fat</b> 18g	27%
Saturated Fat 10g	49%
<b>Cholesterol</b> 177mg	59%
<b>Sodium</b> 137mg	6%
<b>Total Carbohydrates</b> 22g	7%
Dietary Fiber 1g	2%
<b>Protein</b> 5g	
<b>Vitamin A</b>	13%
<b>Vitamin C</b>	0%
<b>Calcium</b>	4%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.