



Chocolate-Amaretto Heart

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter softened
- ☐ 4 servings warm chocolate glaze french
- ☐ 4 ounce bittersweet chocolate
- ☐ 3 large eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 4 servings rose hips
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

Equipment

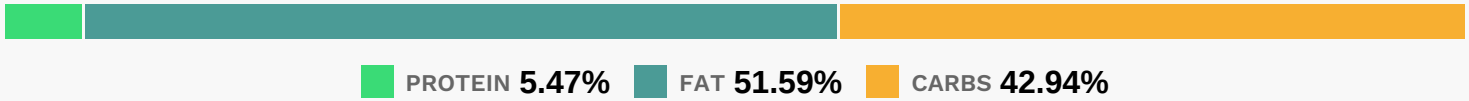
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ ziploc bags
- ☐ wax paper
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Grease and flour a 6-inch heart-shaped or round springform pan; line bottom with parchment or wax paper. Set aside.
- ☐ Melt butter and chocolate in a heavy saucepan over low heat, stirring constantly, until smooth.
- ☐ Remove from heat; let stand 2 to 3 minutes.
- ☐ Pour into a mixing bowl.
- ☐ Stir together sugar and flour. Gradually add to chocolate mixture, beating at medium speed with an electric mixer until blended.
- ☐ Add egg yolks, beating well after each addition.
- ☐ Beat egg whites and salt at high speed with electric mixer until stiff peaks form. Gently fold egg whites into chocolate mixture.
- ☐ Pour into prepared pan.
- ☐ Place cakepan in a 13- x 9-inch pan, and add hot water to larger pan to a depth of 1 inch.
- ☐ Bake at 350 for 1 hour or until center appears firm.
- ☐ Remove pan from water, and cool on wire rack 15 minutes. Invert cake onto wire rack, and peel off paper. Cool completely.

- ☐ Spread Amaretto Buttercream Frosting over top of cake, and freeze 15 minutes.
- ☐ Place cake on wire rack in a 15- x 10-inch jellyroll pan.
- ☐ Pour French Chocolate Glaze over cake, allowing it to drip down sides.
- ☐ Spread glaze over sides of cake with a spatula. Spoon excess glaze from pan into a heavy-duty zip-top plastic bag; seal. Snip a tiny hole in 1 corner of bag, and drizzle chocolate over cake.
- ☐ Let cake stand at least 1 hour before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:21.77, Inflammation Score:-6, Nutrition Score:10.266956484836%

Nutrients (% of daily need)

Calories: 546.22kcal (27.31%), Fat: 31.57g (48.57%), Saturated Fat: 10.98g (68.62%), Carbohydrates: 59.11g (19.7%), Net Carbohydrates: 56.39g (20.51%), Sugar: 47.61g (52.9%), Cholesterol: 141.35mg (47.12%), Sodium: 328.13mg (14.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 7.54g (15.08%), Selenium: 16.84µg (24.06%), Manganese: 0.45mg (22.64%), Vitamin A: 1013.39IU (20.27%), Copper: 0.4mg (19.79%), Phosphorus: 163.79mg (16.38%), Iron: 2.84mg (15.77%), Magnesium: 57.74mg (14.43%), Vitamin B2: 0.24mg (14.4%), Fiber: 2.72g (10.88%), Zinc: 1.3mg (8.69%), Vitamin E: 1.28mg (8.5%), Folate: 32.31µg (8.08%), Vitamin B5: 0.73mg (7.27%), Vitamin B12: 0.41µg (6.89%), Potassium: 238.98mg (6.83%), Vitamin B1: 0.09mg (5.9%), Vitamin C: 4.3mg (5.21%), Calcium: 50.58mg (5.06%), Vitamin D: 0.75µg (5%), Vitamin B6: 0.08mg (4.02%), Vitamin B3: 0.75mg (3.75%), Vitamin K: 2.44µg (2.32%)