



Chocolate Caramel Diamonds

READY IN



45 min.

SERVINGS



42

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 ounces bittersweet chocolate unsweetened (not)
- 3 large eggs
- 0.3 cup flour all-purpose
- 0.3 cup cup heavy whipping cream
- 0.3 cup sugar
- 0.5 cup butter unsalted
- 0.3 cup cocoa powder unsweetened

Equipment

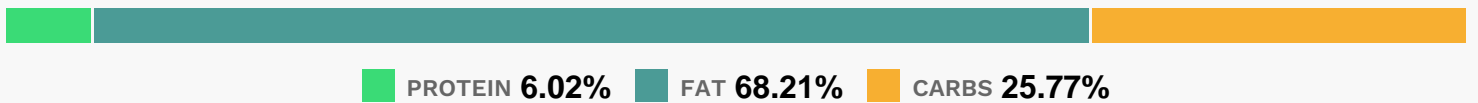
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- double boiler
- baking pan
- wax paper
- spatula

Directions

- Preheat oven to 375°F. Butter a 9-inch square baking pan and line bottom with wax paper.
- Chop chocolate into small pieces. In a double boiler or a metal bowl set over a saucepan of barely simmering water melt chocolate and butter, stirring until smooth.
- Remove top of double boiler or bowl from heat and whisk sugar into chocolate mixture.
- Whisk in eggs 1 at a time until combined well. Sift flour and cocoa powder over chocolate mixture and whisk until just combined.
- Pour batter into baking pan and bake in middle of oven until a tester comes out clean, about 20 minutes. Cool cake completely in pan on a rack and invert onto a baking sheet lined with wax paper.
- Chop chocolate. In a dry heavy saucepan cook sugar over moderate heat, without stirring, until it begins to melt. Continue to cook sugar, stirring with a fork, until a deep-golden caramel.
- Remove pan from heat and add cream (mixture will bubble up and steam). Simmer mixture, stirring, until caramel is dissolved.
- Remove pan from heat and add chocolate, stirring until mixture is smooth.
- Pour ganache over top of cake and smooth with a spatula. Chill cake, uncovered, at least 30 minutes and, covered, up to 3 days.

- Lightly grease a baking sheet.
- In a dry small heavy saucepan cook sugar over moderately low heat, stirring slowly with a fork (to help sugar melt evenly), until a pale-golden caramel. Continue to cook caramel, without stirring, gently swirling pan, until golden.
- Remove pan from heat and pour caramel onto baking sheet. Cool caramel completely.
- Pry caramel from baking sheet with your fingers and in a food processor pulse caramel until coarsely ground.
- Sprinkle the ground caramel evenly over top of cake and with a sharp knife cut cake into 1 1/4-inch diamonds.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:1.3513043397309%

Flavonoids

Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 58.91kcal (2.95%), Fat: 4.59g (7.06%), Saturated Fat: 2.72g (17%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.51g (2.79%), Cholesterol: 21.43mg (7.14%), Sodium: 6.35mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.08mg (1.36%), Protein: 0.91g (1.82%), Manganese: 0.07mg (3.53%), Copper: 0.07mg (3.29%), Selenium: 1.8µg (2.57%), Vitamin A: 116.27IU (2.33%), Magnesium: 9.27mg (2.32%), Phosphorus: 22.15mg (2.22%), Iron: 0.38mg (2.14%), Fiber: 0.48g (1.92%), Vitamin B2: 0.03mg (1.62%), Zinc: 0.18mg (1.22%)