



Chocolate Cassis Cake

 Gluten Free

READY IN



155 min.

SERVINGS



12

CALORIES



539 kcal

DESSERT

Ingredients

- 10 ounces bittersweet chocolate chopped
- 0.3 cup creme de cassis liqueur
- 2 tablespoons creme de cassis liqueur
- 6 tablespoons creme de cassis liqueur
- 5 extra large eggs at room temperature
- 0.3 cup heavy cream
- 0.3 teaspoon kosher salt
- 4 raspberries fresh

- 6 ounces bittersweet chocolate chopped
- 1 pint strawberries fresh hulled sliced
- 0.3 cup sugar
- 1 cup sugar
- 12 tablespoons butter unsalted ()
- 0.5 cup cocoa powder unsweetened such as pernigotti
- 0.5 teaspoon vanilla extract pure
- 1 teaspoon vanilla extract pure

Equipment

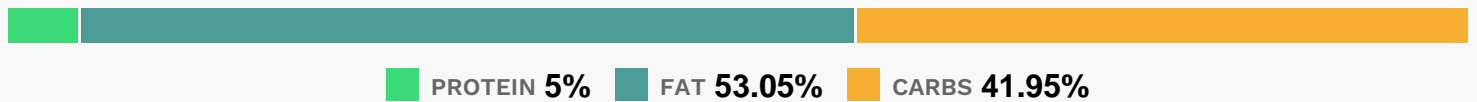
- bowl
- frying pan
- baking paper
- oven
- whisk
- hand mixer
- spatula
- springform pan

Directions

- Watch how to make this recipe.
- For the cake, Preheat the oven to 350 degrees F. Spray a 9-inch round springform pan with baking spray. Line the bottom of the pan with parchment paper and spray it again with baking spray.
- Melt the butter and chocolate together in a heat-proof bowl set over a pan of simmering water, stirring occasionally until smooth. Set aside to cool for 5 minutes.
- Whisk in the cocoa powder, cassis, and vanilla and set aside.
- In the bowl of an electric mixer fitted with the whisk attachment (you can also use a hand mixer), beat the eggs, sugar, and salt on high speed for 3 to 5 minutes, until pale yellow and triple in volume.

- Pour the chocolate mixture into the egg mixture and carefully but thoroughly fold them together with a rubber spatula.
- Pour the batter into the prepared pan and bake for 35 to 40 minutes, until just barely set in the center. Allow to cool in the pan for 30 minutes and then release the sides of the pan. Invert the cake carefully onto a flat serving plate, remove the parchment paper, and cool completely.
- For the glaze, melt the chocolate and cream together in a heat-proof bowl set over a pan of simmering water. Stir until smooth. Off the heat, whisk in the cassis and vanilla. Allow to cool for 10 minutes and spread over just the top of the cake.
- Fifteen minutes before serving, toss the berries gently with the sugar and cassis.
- Cut the cake in wedges and serve with the berries on the side.

Nutrition Facts



Properties

Glycemic Index:17.18, Glycemic Load:16.42, Inflammation Score:-6, Nutrition Score:12.612608681554%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 9.81mg, Pelargonidin: 9.81mg, Pelargonidin: 9.81mg, Pelargonidin: 9.81mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 7.23mg, Epicatechin: 7.23mg, Epicatechin: 7.23mg, Epicatechin: 7.23mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 539.01kcal (26.95%), Fat: 30.58g (47.05%), Saturated Fat: 17.69g (110.55%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 49.22g (17.9%), Sugar: 45.26g (50.29%), Cholesterol: 124.77mg (41.59%), Sodium: 90.49mg (3.93%), Alcohol: 5.1g (100%), Alcohol %: 3.97% (100%), Caffeine: 40.75mg (13.58%), Protein: 6.49g (12.98%), Manganese: 0.81mg (40.55%), Copper: 0.66mg (33.09%), Vitamin C: 23.39mg (28.35%), Magnesium:

93.17mg (23.29%), Fiber: 5.18g (20.73%), Iron: 3.49mg (19.41%), Phosphorus: 186.7mg (18.67%), Selenium: 11.5µg (16.43%), Vitamin A: 572.6IU (11.45%), Zinc: 1.64mg (10.92%), Potassium: 371.59mg (10.62%), Vitamin B2: 0.16mg (9.5%), Vitamin E: 0.96mg (6.41%), Vitamin B5: 0.56mg (5.6%), Folate: 22.34µg (5.58%), Calcium: 54.5mg (5.45%), Vitamin B12: 0.31µg (5.12%), Vitamin D: 0.76µg (5.04%), Vitamin K: 4.94µg (4.7%), Vitamin B6: 0.08mg (3.9%), Vitamin B3: 0.58mg (2.9%), Vitamin B1: 0.04mg (2.38%)