



 1%
HEALTH SCORE

Chocolate-Date Cake with Chocolate Sticky Toffee Glaze

READY IN



45 min.

SERVINGS



21

CALORIES



314 kcal

DESSERT

Ingredients

- 1 cup water
- 330 gr medjool dates whole pitted halved for garnish (11,6 ounces)
- 100 gr medjool dates chopped (3,6 ounces)
- 3 tablespoons brandy
- 2 tablespoons hot-brewed coffee
- 4 tablespoons dutch-processed cocoa powder unsweetened
- 1.5 cups flour all-purpose
- 0.8 teaspoon salt

- 1 teaspoon ground cinnamon
- 9 tablespoons butter unsalted plus more for pan room temperature
- 120 gr brown sugar packed (4,3 ounces)
- 120 gr brown sugar packed (4,3 ounces)
- 3 large eggs
- 1 teaspoons baking soda
- 5 ounces bittersweet chocolate 66% coarsely chopped (cacao)
- 3.5 tablespoons butter unsalted
- 60 gr brown sugar packed (full)
- 60 gr brown sugar packed (full)
- 1 tablespoon water
- 1 pinch salt
- 0.3 cup cup heavy whipping cream
- 100 gr bittersweet chocolate 66% finely chopped (3,6 ounces) (cacao)
- 2 tablespoons brandy

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- toothpicks
- cake form

Directions

- Preheat oven to 180 C (350 F) degrees. Butter a 21 cm (8,3 or 9 inch) round cake pan. Line with parchment, and butter.
- Bring water to a boil in a saucepan. Meanwhile, combine dates, brandy, coffee, and 2 tablespoons cocoa in a heatproof bowl. Stir in boiling water.
- Let cool, stirring occasionally. Puree cooled date mixture in a food processor (you should have about 2 1/2 cups).
- Place puree in a large bowl.
- Whisk flour, salt, cinnamon, and remaining 2 tablespoons cocoa in a bowl. Beat butter and dark-brown sugar with a mixer on medium speed until fluffy.
- Add eggs, one at a time, beating after each addition (batter will look curdled). Stir baking soda into reserved uncovered date puree. On low speed, beat flour mixture into egg mixture in 2 additions, alternating with the date mixture.
- Beat in chocolate and chopped dates.
- Transfer batter to prepared pan, and smooth top.
- Bake until a toothpick inserted into center of cake comes out clean, about 1 hour.
- Let cool in pan on a wire rack for 30 minutes. Run a knife around edge of pan to loosen, and invert cake onto rack.
- Remove parchment, turn cake right side up, and let cool completely. (Cake can be wrapped in plastic and stored at room temperature for up to 2 days.)
- Bring butter, dark-brown sugar, water, and salt to a boil in a saucepan over medium-low heat, stirring occasionally. Boil 3 minutes.
- Remove from heat.
- Whisk in cream.
- Add chocolate, and whisk until smooth.
- Whisk in brandy.
- Let cool until thickened, 15 to 20 minutes.
- Place cake on stand and pour glaze over top, letting some drip down sides.
- Garnish with halved dates.

Nutrition Facts

PROTEIN 4.14% FAT 38.16% CARBS 57.7%

Properties

Glycemic Index:5.24, Glycemic Load:4.93, Inflammation Score:-4, Nutrition Score:6.2478260869565%

Flavonoids

Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Taste

Sweetness: 100%, Saltiness: 12.19%, Sourness: 8.56%, Bitterness: 12.2%, Savoriness: 24.34%, Fattiness: 57.12%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 314.49kcal (15.72%), Fat: 13.46g (20.71%), Saturated Fat: 8g (50%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 42.87g (15.59%), Sugar: 34.65g (38.5%), Cholesterol: 49.45mg (16.48%), Sodium: 156.3mg (6.8%), Alcohol: 1.19g (6.63%), Caffeine: 12.65mg (4.22%), Protein: 3.29g (6.58%), Manganese: 0.34mg (17.09%), Copper: 0.28mg (14.24%), Fiber: 2.94g (11.75%), Magnesium: 41.09mg (10.27%), Selenium: 6.73µg (9.61%), Iron: 1.72mg (9.56%), Phosphorus: 78.53mg (7.85%), Potassium: 271.25mg (7.75%), Vitamin A: 338.9IU (6.78%), Vitamin B2: 0.11mg (6.36%), Vitamin B1: 0.09mg (5.95%), Folate: 23.68µg (5.92%), Vitamin B3: 1.01mg (5.04%), Calcium: 46.92mg (4.69%), Zinc: 0.64mg (4.27%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.4mg (3.96%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.33µg (2.19%), Vitamin K: 2.19µg (2.08%), Vitamin B12: 0.1µg (1.74%)