



Chocolate Decadence



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



10

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 4 large eggs
- ☐ 10 ounce raspberries unsweetened frozen thawed
- ☐ 12 ounce bittersweet chocolate chopped
- ☐ 0.3 cup sugar
- ☐ 1.5 sticks butter unsalted
- ☐ 10 servings whipped cream unsweetened

Equipment

- ☐ food processor

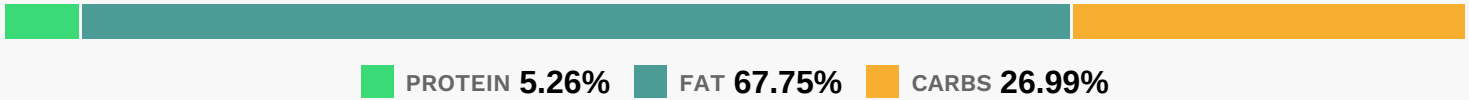
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ cake form
- ☐ wax paper

Directions

- ☐ Preheat oven to 350°F. Butter a 9- by 2-inch round cake pan and line bottom with a round of wax paper. Butter paper and dust pan with flour, knocking out excess.
- ☐ Melt chocolate and butter in a metal bowl set over a saucepan of simmering water, whisking until smooth.
- ☐ Cool slightly.
- ☐ Beat together eggs and sugar with an electric mixer until pale yellow, thick, and a ribbon forms when beaters are lifted, about 4 minutes with a standing mixer or 8 minutes with a handheld. Fold one fourth of egg mixture into chocolate mixture to lighten, then gently fold in remaining egg mixture.
- ☐ Pour batter into cake pan and rap pan sharply on counter to eliminate air bubbles. Put cake pan in a hot water bath and place in middle of oven.
- ☐ Bake 45 minutes (top will be set, but a tester will not come out clean).
- ☐ Remove cake from water bath and cool completely in pan on a rack. Run a thin knife around edge of cake and chill, covered, at least 4 hours and up to 1
- ☐ Purée raspberries with sugar in a food processor or blender, then force through a fine sieve into a bowl. Chill until ready to serve.
- ☐ Put cake pan directly on a burner at very low heat. Move pan around on burner to warm bottom, about 30 seconds, then shake pan to loosen cake. Invert cake onto a rack.

- ☐
- Remove wax paper and invert cake onto a serving plate.
- ☐
- Bring cake to room temperature.
- ☐
- Serve with sauce and whipped cream.
- ☐
- Don't despair if the cake stubbornly refuses to come out of the pan. You may need to help it along by prying it out gently with the tip of a paring knife. •This cake is better if made a day ahead. Both cake and sauce keep 2 days, covered and chilled.

Nutrition Facts



Properties

Glycemic Index:15.11, Glycemic Load:4.3, Inflammation Score:-5, Nutrition Score:9.7360869179601%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 396.52kcal (19.83%), Fat: 30.22g (46.49%), Saturated Fat: 17.66g (110.39%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 22.53g (8.19%), Sugar: 19.3g (21.44%), Cholesterol: 117.44mg (39.15%), Sodium: 34.48mg (1.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 5.28g (10.56%), Manganese: 0.65mg (32.36%), Copper: 0.47mg (23.41%), Fiber: 4.56g (18.26%), Magnesium: 69.51mg (17.38%), Iron: 2.7mg (15.03%), Phosphorus: 145.68mg (14.57%), Selenium: 9.34µg (13.34%), Vitamin A: 599.05IU (11.98%), Vitamin C: 7.43mg (9%), Zinc: 1.32mg (8.78%), Potassium: 276.29mg (7.89%), Vitamin B2: 0.13mg (7.62%), Vitamin E: 1.09mg (7.26%), Vitamin K: 6.02µg (5.73%), Vitamin B5: 0.54mg (5.39%), Calcium: 49.56mg (4.96%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.68µg (4.52%), Folate: 16.04µg (4.01%), Vitamin B6: 0.06mg (3.21%), Vitamin B3: 0.48mg (2.4%), Vitamin B1: 0.03mg (2.07%)