



Chocolate Decadence Cake II

READY IN



45 min.

SERVINGS



8

CALORIES



766 kcal

DESSERT

Ingredients

- 1.3 pounds bittersweet chocolate
- 1 cup butter melted
- 0.5 cup cake flour
- 5 eggs
- 0.9 cup sugar white

Equipment

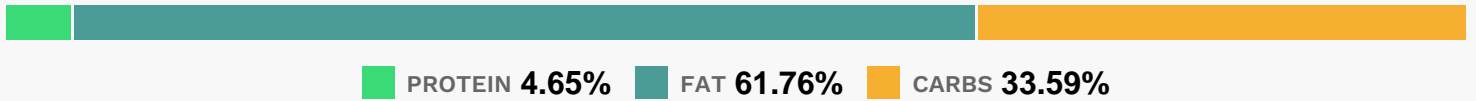
- bowl
- frying pan

- baking paper
- oven
- double boiler

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch pan or line with parchment paper.
- Melt chocolate in the top of a double boiler and mix with melted butter.
- In a large bowl, whip the eggs and sugar to full volume. Gently fold the chocolate into the whipped eggs. Quickly but gently fold in the flour.
- Pour batter into prepared pan.
- Bake at 350 degrees F (175 degrees C) for 35 minutes, or until the center feels firm to the touch. Do not turn out of pan until completely cool.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:18.95, Inflammation Score:-7, Nutrition Score:14.916087036547%

Nutrients (% of daily need)

Calories: 765.55kcal (38.28%), Fat: 52.98g (81.51%), Saturated Fat: 31.08g (194.24%), Carbohydrates: 64.82g (21.61%), Net Carbohydrates: 58.96g (21.44%), Sugar: 47.99g (53.32%), Cholesterol: 167.56mg (55.85%), Sodium: 228.96mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 60.95mg (20.32%), Protein: 8.98g (17.96%), Manganese: 1.01mg (50.48%), Copper: 0.92mg (46%), Magnesium: 130.56mg (32.64%), Iron: 5.05mg (28.04%), Selenium: 17.91µg (25.59%), Phosphorus: 253.11mg (25.31%), Fiber: 5.86g (23.43%), Vitamin A: 893.18IU (17.86%), Zinc: 2.33mg (15.51%), Potassium: 454.86mg (13%), Vitamin B2: 0.18mg (10.52%), Vitamin E: 1.4mg (9.31%), Vitamin B12: 0.42µg (7.01%), Vitamin B5: 0.7mg (7%), Vitamin K: 7.2µg (6.85%), Calcium: 67.54mg (6.75%), Folate: 16.35µg (4.09%), Vitamin B6: 0.07mg (3.73%), Vitamin D: 0.55µg (3.67%), Vitamin B3: 0.7mg (3.52%), Vitamin B1: 0.04mg (2.76%)