



Chocolate Fallen Soufflé Cake

READY IN



180 min.

SERVINGS



10

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 12 oz fine-quality bittersweet chocolate unsweetened chopped (not)
- ☐ 5 large eggs separated for 30 minutes at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 10 servings lightly whipped cream sweetened
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.8 cup butter unsalted cut into tablespoon pieces
- ☐ 1.5 teaspoons vanilla

Equipment

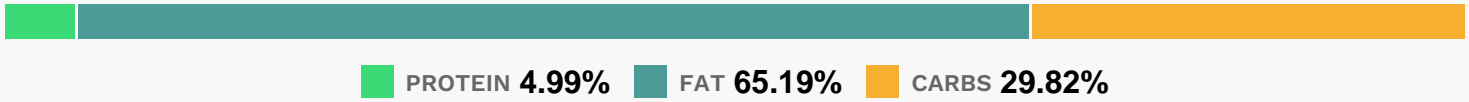
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wax paper
- ☐ microwave
- ☐ springform pan
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter a 9-inch springform pan and line bottom with a round of parchment or wax paper, then butter paper.
- ☐ Melt chocolate and butter in a large metal bowl set over a pan of barely simmering water (or in a microwave-safe large glass or ceramic bowl in a microwave at 50 percent power for 4 to 5 minutes), stirring frequently, then cool completely.
- ☐ Whisk in vanilla, salt, and 6 tablespoons sugar.
- ☐ Add yolks 1 at a time, whisking well after each addition.
- ☐ Whisk in flour.
- ☐ Beat whites with a pinch of salt in a bowl using an electric mixer at medium-high speed until they hold soft peaks, then add remaining 6 tablespoons sugar a little at a time, beating, and continue to beat until whites hold stiff glossy peaks.
- ☐ Whisk about one fourth of whites into chocolate mixture to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Pour batter into springform pan, spreading evenly.
- ☐ Bake until a wooden pick or skewer inserted in center comes out with moist crumbs adhering, 35 to 40 minutes.

- ☐
- Cool cake in pan on a rack 10 minutes.
- ☐
- Remove side of pan and cool cake completely. Invert cake onto rack and remove bottom of pan, discarding paper, then invert cake onto a plate.
- ☐
- Cake (removed from pan) can be made 1 day ahead and kept, wrapped in plastic wrap, at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:12.2, Inflammation Score:-5, Nutrition Score:8.8495651580717%

Nutrients (% of daily need)

Calories: 477.39kcal (23.87%), Fat: 34.85g (53.61%), Saturated Fat: 20.48g (127.99%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 33.07g (12.02%), Sugar: 28.73g (31.92%), Cholesterol: 152.19mg (50.73%), Sodium: 104.88mg (4.56%), Alcohol: 0.21g (100%), Alcohol %: 0.24% (100%), Caffeine: 29.26mg (9.75%), Protein: 6g (12%), Manganese: 0.48mg (24.09%), Copper: 0.45mg (22.57%), Selenium: 11.85µg (16.93%), Magnesium: 63.98mg (15.99%), Vitamin A: 794.96IU (15.9%), Iron: 2.74mg (15.25%), Phosphorus: 145.45mg (14.54%), Fiber: 2.81g (11.22%), Vitamin B2: 0.16mg (9.15%), Zinc: 1.26mg (8.42%), Potassium: 236.02mg (6.74%), Vitamin E: 0.86mg (5.73%), Vitamin B12: 0.31µg (5.21%), Vitamin B5: 0.52mg (5.18%), Calcium: 50.4mg (5.04%), Vitamin D: 0.76µg (5.04%), Folate: 17.98µg (4.49%), Vitamin K: 3.73µg (3.55%), Vitamin B1: 0.05mg (3.09%), Vitamin B6: 0.06mg (2.81%), Vitamin B3: 0.5mg (2.49%)