



Chocolate Fridge Cake

READY IN



22 min.

SERVINGS



4

CALORIES



1078 kcal

DESSERT

Ingredients

- ☐ 150 grams butter
- ☐ 200 grams chocolate
- ☐ 150 grams digestive biscuits crumbs
- ☐ 10 glacé cherries
- ☐ 1 tablespoon golden syrup
- ☐ 100 grams pecans
- ☐ 100 grams pistachios
- ☐ 2 small ready made meringue nests crumbled

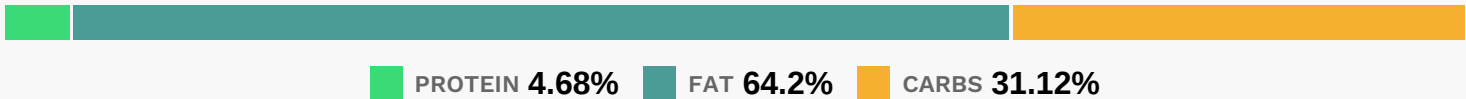
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Break the biscuits into small pieces directly into a large bowl.
- ☐ Add the pecans, pistachio nuts, cherries and bits of meringue.
- ☐ Put the rest of the ingredients, except the cocoa powder, into a bowl and put over a pan of simmering water on low heat to melt.
- ☐ Mix the ingredients together and place in the container which acts as your mold. To help with turning out, line a 12 by 8-inch (30 by 20 centimeter) container with cling film, first leaving plenty of extra film at the edges to fold over the top.
- ☐ Leave in the refrigerator to firm up then turn out and cut into chunky slices. This cake can be kept in an airtight container and actually improves after a couple of days.

Nutrition Facts



Properties

Glycemic Index:45.9, Glycemic Load:15.33, Inflammation Score:-8, Nutrition Score:21.634782697843%

Flavonoids

Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg, Cyanidin: 4.52mg Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 1077.62kcal (53.88%), Fat: 81.03g (124.66%), Saturated Fat: 32.86g (205.38%), Carbohydrates: 88.37g (29.46%), Net Carbohydrates: 78.96g (28.71%), Sugar: 47.14g (52.38%), Cholesterol: 84.64mg (28.21%), Sodium: 442.88mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 33mg (11%), Protein: 13.29g (26.58%), Manganese: 1.97mg (98.68%), Copper: 0.98mg (48.79%), Fiber: 9.41g (37.65%), Phosphorus: 343.63mg (34.36%),

Magnesium: 132.75mg (33.19%), Vitamin B1: 0.49mg (32.92%), Vitamin B6: 0.56mg (27.93%), Iron: 4.42mg (24.54%),
Vitamin A: 1055.63IU (21.11%), Vitamin B2: 0.32mg (19.07%), Zinc: 2.83mg (18.84%), Potassium: 598.2mg (17.09%),
Vitamin E: 2.49mg (16.61%), Folate: 55µg (13.75%), Vitamin B3: 2.63mg (13.17%), Vitamin K: 12.01µg (11.44%),
Selenium: 6.84µg (9.77%), Calcium: 93.63mg (9.36%), Vitamin B5: 0.62mg (6.24%), Vitamin C: 1.67mg (2.03%),
Vitamin B12: 0.06µg (1.06%)