



## Chocolate Gateau

READY IN



45 min.

SERVINGS



2

CALORIES



289 kcal

DESSERT

### Ingredients

- 2 tablespoons light-colored corn syrup
- 2 teaspoons cornstarch
- 0.3 cup egg substitute frozen thawed
- 1 tablespoon flour all-purpose
- 1 teaspoon butter
- 2 tablespoons powdered sugar sifted
- 1 ounce bittersweet chocolate chopped
- 2 tablespoons skim milk
- 2 tablespoons sugar

- 1 tablespoon cocoa unsweetened
- 0.5 teaspoon vanilla extract

## Equipment

- frying pan
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- springform pan

## Directions

- Coat a 6-inch springform pan with cooking spray; line bottom of pan with parchment paper. Coat parchment paper with cooking spray; set pan aside.
- Combine chocolate and margarine in a small saucepan; cook over low heat, stirring constantly, until chocolate and margarine melt.
- Remove from heat; cool slightly.
- Combine egg substitute and next 3 ingredients, stirring well.
- Add egg substitute mixture to chocolate mixture, stirring well with a wire whisk. Stir in flour.
- Pour batter into prepared pan. (  
 Mixture will thinly coat pan.)
- Bake at 325 for 20 minutes. Cool in pan on a wire rack 10 minutes.
- Remove cake from pan; peel off parchment paper, and let cake cool completely on wire rack.
- Combine powdered sugar, cocoa, and cornstarch in a small saucepan; gradually stir in milk. Cook over medium heat, stirring constantly, until thickened.
- Remove from heat; stir in vanilla. Cover and chill thoroughly.
- Spread frosting over cake.
- Cut cake into quarters, forming 4 wedges. Stack 2 wedges to form a layered wedge; repeat with remaining 2 wedges. If desired, garnish with raspberries and mint.

# Nutrition Facts

PROTEIN 7.05% FAT 23.76% CARBS 69.19%

## Properties

Glycemic Index:98.67, Glycemic Load:13.9, Inflammation Score:-4, Nutrition Score:7.0026086750238%

## Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 288.98kcal (14.45%), Fat: 7.92g (12.18%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 49.7g (18.07%), Sugar: 43.44g (48.26%), Cholesterol: 1.3mg (0.43%), Sodium: 105.63mg (4.59%), Alcohol: 0.34g (100%), Alcohol %: 0.39% (100%), Caffeine: 17.94mg (5.98%), Protein: 5.29g (10.58%), Selenium: 15.84µg (22.63%), Manganese: 0.32mg (15.79%), Copper: 0.29mg (14.35%), Iron: 2.03mg (11.29%), Magnesium: 45.02mg (11.26%), Vitamin B2: 0.17mg (10.15%), Phosphorus: 97.8mg (9.78%), Fiber: 2.18g (8.71%), Zinc: 1.03mg (6.9%), Vitamin B1: 0.09mg (6.24%), Vitamin B5: 0.62mg (6.19%), Potassium: 214.54mg (6.13%), Calcium: 58.21mg (5.82%), Vitamin D: 0.64µg (4.3%), Vitamin E: 0.64mg (4.29%), Vitamin A: 194.61IU (3.89%), Vitamin B12: 0.22µg (3.62%), Folate: 12.79µg (3.2%), Vitamin B6: 0.06mg (2.93%), Vitamin B3: 0.46mg (2.3%), Vitamin K: 1.15µg (1.1%)