



 3%
HEALTH SCORE

Chocolate Nutella Walnut Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

DESSERT

Ingredients

- 4 eggs
- 125 g sugar
- 125 g walnut pieces chopped
- 75 g nutella
- 75 g chocolate dark
- 125 g butter
- 75 g flour
- 0.5 teaspoon double-acting baking powder

1 pinch salt

Equipment

frying pan

toothpicks

Directions

Beat the eggs with the sugar.

Melt the butter, chocolate & nutella together.

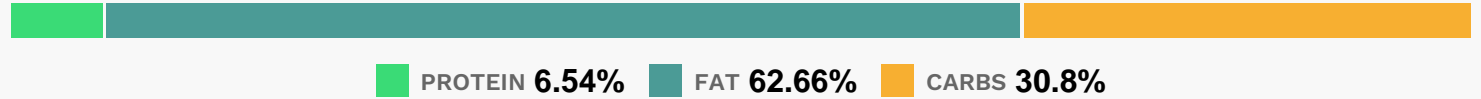
Combine the chocolate mixture with the eggs & stir in the dry ingredients.

Butter & flour a spring form pan.

Add mixture to pan.

Cook at 350 F / 185 C for 40 minutes or until a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:44.93, Glycemic Load:18.69, Inflammation Score:-5, Nutrition Score:10.508260869565%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg

Taste

Sweetness: 100%, Saltiness: 32.03%, Sourness: 10.2%, Bitterness: 33.42%, Savoriness: 24.84%, Fattiness: 99.44%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 446.69kcal (22.33%), Fat: 31.87g (49.04%), Saturated Fat: 14.65g (91.57%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 32.42g (11.79%), Sugar: 23.43g (26.03%), Cholesterol: 115.72mg (38.57%), Sodium: 169.43mg (7.37%), Caffeine: 8.16mg (2.72%), Protein: 7.49g (14.97%), Manganese: 0.87mg (43.41%), Copper: 0.49mg (24.42%), Selenium: 11.92µg (17.03%), Phosphorus: 160.1mg (16.01%), Iron: 2.84mg (15.77%), Magnesium: 57.15mg (14.29%), Vitamin B2: 0.2mg (11.87%), Fiber: 2.83g (11.31%), Folate: 44.59µg (11.15%), Vitamin A: 516.33IU (10.33%),

Vitamin B1: 0.15mg (9.84%), Zinc: 1.26mg (8.38%), Vitamin E: 1.23mg (8.19%), Vitamin B6: 0.14mg (6.86%), Calcium: 64.61mg (6.46%), Potassium: 218.6mg (6.25%), Vitamin B5: 0.56mg (5.57%), Vitamin B12: 0.27µg (4.57%), Vitamin B3: 0.89mg (4.45%), Vitamin D: 0.44µg (2.93%), Vitamin K: 2.47µg (2.35%)