



Chocolate Sin Cake with Espresso Cream

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



435 kcal

DESSERT

Ingredients

- 1 ounce semisweet chocolate baking squares chopped
- 1.3 cups butter
- 12 servings espresso cream
- 12 large eggs
- 12 servings mint leaves fresh
- 12 servings poached berries mixed
- 2 cups sugar

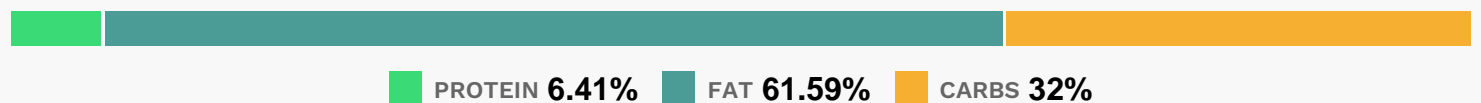
Equipment

- bowl
- frying pan
- oven
- wire rack
- double boiler
- hand mixer
- cake form
- wax paper
- spatula

Directions

- Melt chocolate and butter in top of a double boiler over hot, not boiling, water, stirring until smooth.
- Remove from heat; cool.
- Combine eggs and sugar in a large bowl. Beat at medium speed with an electric mixer until well blended. Gradually add cooled chocolate, beating at low speed until blended.
- Pour batter into a buttered, wax paper-lined, 9-inch deep round cake pan.
- Place cake pan in a large shallow pan.
- Add hot water to shallow pan to depth of 1 inch.
- Bake at 350 for 55 minutes. Turn oven off; let stand in oven 50 more minutes or until set.
- Remove cake pan from water bath, and cool cake completely in pan on a wire rack. Cover and chill 2 hours. Loosen edges of cake with a spatula, and invert cake onto a serving plate.
- Cut into wedges, and pipe or spoon Espresso Cream on top. Top with mixed berries and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:23.28, Inflammation Score:-5, Nutrition Score:6.7113043795461%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 435.26kcal (21.76%), Fat: 30.37g (46.73%), Saturated Fat: 17.69g (110.58%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 35.21g (12.8%), Sugar: 34.86g (38.73%), Cholesterol: 253.93mg (84.64%), Sodium: 227.98mg (9.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.23%), Selenium: 16.44µg (23.48%), Vitamin A: 1125.53IU (22.51%), Vitamin B2: 0.28mg (16.19%), Phosphorus: 120.36mg (12.04%), Vitamin B12: 0.51µg (8.56%), Vitamin B5: 0.84mg (8.42%), Vitamin D: 1.24µg (8.27%), Vitamin E: 1.23mg (8.2%), Folate: 26.02µg (6.5%), Iron: 1.11mg (6.19%), Zinc: 0.78mg (5.2%), Calcium: 47.88mg (4.79%), Vitamin B6: 0.09mg (4.68%), Copper: 0.07mg (3.65%), Magnesium: 12.53mg (3.13%), Potassium: 109.22mg (3.12%), Manganese: 0.06mg (3%), Vitamin K: 2.62µg (2.49%), Vitamin B1: 0.03mg (1.74%), Fiber: 0.3g (1.18%)