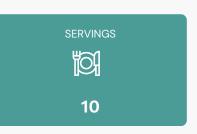


Chocolate-Walnut Cake

airy Free







DESSERT

Ingredients

2 tablespoons canola oil
1 tablespoon plus dark
0.5 cup dates pitted chopped
1 large eggs
3 large egg whites
0.3 cup flour all-purpose
0.7 cup granulated sugar divided

1 teaspoon coffee granules instant

	1 cup powdered sugar
	0.3 teaspoon salt
	0.3 cup semi chocolate chips
	0.3 cup cocoa unsweetened
	0.5 cup cocoa unsweetened
	0.5 teaspoon vanilla extract
	1 teaspoon vanilla extract
	0.5 cup walnut halves divided toasted
	0.3 cup water boiling
	0.5 cup water boiling
	1 ounce bread white firm
Eq	uipment
	food processor
	bowl
	frying pan
	oven
	knife
	wire rack
	blender
	cake form
	wax paper
	measuring cup
Di	rections
	Preheat oven to 35
	Coat a 9-inch round cake pan with cooking spray, and line bottom of pan with wax paper. Coat the wax paper with cooking spray.

	Place bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1/2 cup.	
	Place crumbs in a large bowl. Reserve 10 walnut halves for garnish. Lightly spoon the flour into a dry measuring cup, and level with a knife.	
	Combine remaining walnuts, flour, and salt in food processor, and process until finely ground.	
	Add to breadcrumbs.	
	Place date mixture, 1/3 cup granulated sugar, oil, 1 teaspoon vanilla, and egg in food processor, and process until smooth, scraping the sides of bowl once.	
	Add date mixture to breadcrumb mixture, stirring well.	
	Beat egg whites with a mixer at high speed until soft peaks form. Gradually add 1/3 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of the egg white mixture into batter; gently fold in the remaining egg white mixture.	
	Spread batter into prepared pan.	
	Bake at 350 for 25 minutes or until cake springs back when lightly touched. Cool in pan for 10 minutes on a wire rack, and remove from pan.	
	Remove the wax paper. Cool completely on wire rack.	
	To prepare glaze, combine 1/3 cup cocoa and the next 4 ingredients (cocoa through 1 teaspoon coffee granules), stirring until smooth. Stir in 1/2 teaspoon vanilla. Cover and chill for 1 hour. Gradually add powdered sugar to the cocoa mixture, beating with a mixer at medium speed until smooth and thick.	
	Place cake layer on a plate.	
	Spread the glaze evenly over top and sides of cake. Arrange reserved walnut halves on top.	
Nutrition Facts		
	PROTEIN 7.14% FAT 31.18% CARBS 61.68%	

Properties

Glycemic Index:38.19, Glycemic Load:16.78, Inflammation Score:-4, Nutrition Score:7.4826086578162%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Quercetin: 0.79mg, Quercetin: 0.

Nutrients (% of daily need)

Calories: 267.64kcal (13.38%), Fat: 10.03g (15.43%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 40.45g (14.71%), Sugar: 33.67g (37.41%), Cholesterol: 18.87mg (6.29%), Sodium: 102.26mg (4.45%), Alcohol: 0.21g (100%), Alcohol %: 0.27% (100%), Caffeine: 23.49mg (7.83%), Protein: 5.17g (10.34%), Manganese: 0.61mg (30.39%), Copper: 0.46mg (22.89%), Fiber: 4.17g (16.68%), Magnesium: 60.21mg (15.05%), Selenium: 7.72µg (11.03%), Phosphorus: 108.77mg (10.88%), Iron: 1.94mg (10.76%), Vitamin B2: 0.13mg (7.79%), Potassium: 245.19mg (7.01%), Zinc: 0.94mg (6.25%), Folate: 22.94µg (5.74%), Vitamin B1: 0.08mg (5.37%), Vitamin E: 0.63mg (4.2%), Vitamin B3: 0.78mg (3.9%), Vitamin B6: 0.07mg (3.37%), Calcium: 32.09mg (3.21%), Vitamin K: 2.89µg (2.75%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.06µg (1.03%)