



Chocolate-Walnut Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



268 kcal

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

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ 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.

- ☐ To prepare cake, combine dates, 1/2 cup cocoa, 1/2 cup boiling water, and 1 teaspoon coffee granules; let stand 20 minutes.
- ☐ 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, Epicatechin: 14.08mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

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%)