



## Cocoa Berry Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



260 kcal

DESSERT

### Ingredients

- 16 servings warm chocolate glaze
- 1 teaspoon cream of tartar
- 1 cup cranberries dried
- 10 large egg whites
- 2 large egg yolks
- 0.5 cup flour all-purpose
- 1 tablespoon grand marnier orange-flavored ( liqueur)
- 1 tablespoon butter

- 0.3 cup orange juice
- 0.3 cup sugar
- 1.5 cups sugar
- 5 ounces chocolate unsweetened melted
- 1 cup cocoa unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup water boiling
- 0.7 cup water

## Equipment

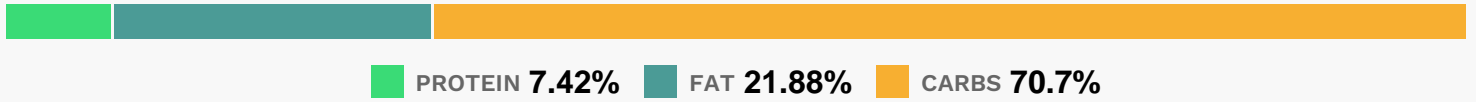
- bowl
- sauce pan
- oven
- wire rack
- blender
- wax paper

## Directions

- Preheat oven to 35
- Coat bottoms of 2 (9-inch) round cake pans with cooking spray; line bottoms with wax paper. Coat wax paper with cooking spray; set aside.
- Combine 2/3 cup water, cranberries, orange juice, and margarine in a small saucepan. Bring to a boil; cook 5 minutes.
- Combine 1 1/2 cups sugar, cocoa, and flour in a large bowl.
- Add cranberry mixture and boiling water; stir until well-blended.
- Add liqueur, vanilla, chocolate, and egg yolks; stir until well-blended. Set batter aside.
- Beat cream of tartar and egg whites at high speed of a mixer until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture.
- Pour batter into prepared pans.

- Bake at 350 for 35 minutes or until cake springs back when touched lightly in center.
- Let cool in pans 10 minutes on a wire rack; remove from pans. Peel off wax paper; let cool completely.
- Place 1 cake layer on a plate; spread with half of Chocolate Glaze, and top with other cake layer.
- Spread remaining glaze over top of cake.

## Nutrition Facts



### Properties

Glycemic Index:16.7, Glycemic Load:17.7, Inflammation Score:-4, Nutrition Score:7.6534782648087%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 9.18mg, Catechin: 9.18mg, Catechin: 9.18mg, Catechin: 9.18mg Epicatechin: 23.12mg, Epicatechin: 23.12mg, Epicatechin: 23.12mg, Epicatechin: 23.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

### Nutrients (% of daily need)

Calories: 259.84kcal (12.99%), Fat: 6.96g (10.7%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 46.59g (16.94%), Sugar: 40.51g (45.01%), Cholesterol: 23.1mg (7.7%), Sodium: 49.26mg (2.14%), Alcohol: 0.33g (100%), Alcohol %: 0.39% (100%), Caffeine: 19.69mg (6.56%), Protein: 5.31g (10.62%), Manganese: 0.63mg (31.52%), Copper: 0.51mg (25.74%), Fiber: 3.98g (15.91%), Magnesium: 60.42mg (15.11%), Iron: 2.61mg (14.49%), Selenium: 8.46µg (12.09%), Phosphorus: 94.21mg (9.42%), Vitamin B2: 0.16mg (9.3%), Zinc: 1.33mg (8.84%), Potassium: 246.29mg (7.04%), Folate: 16.99µg (4.25%), Vitamin B1: 0.06mg (3.94%), Vitamin C: 2.6mg (3.15%), Vitamin B3: 0.56mg (2.8%), Calcium: 25.34mg (2.53%), Vitamin E: 0.29mg (1.91%), Vitamin B5: 0.18mg (1.83%), Vitamin K: 1.6µg (1.52%), Vitamin A: 74.37IU (1.49%), Vitamin B6: 0.02mg (1.25%), Vitamin B12: 0.07µg (1.14%)