



Dark Chocolate Orange Cake



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 2 tablespoons cornstarch
- ☐ 3 large eggs
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.8 cup powdered sugar
- ☐ 1 Dash salt
- ☐ 1 tablespoon triple sec orange-flavored (liqueur)
- ☐ 3 tablespoons cocoa powder unsweetened

☐ 1 tablespoon water hot

Equipment

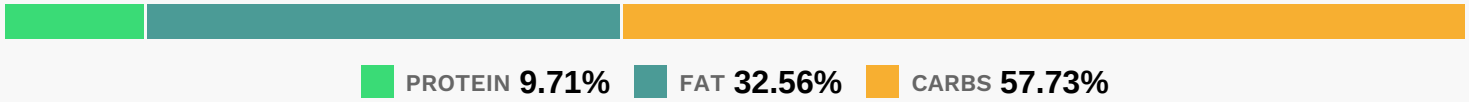
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ cake form
- ☐ aluminum foil
- ☐ wax paper
- ☐ microwave
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Coat an 8-inch springform pan with cooking spray; line bottom of pan with parchment or wax paper. Wrap outside of pan with aluminum foil.
- ☐ Place 3/4 cup sugar and eggs in a bowl; beat with a mixer at high speed 7 minutes.
- ☐ Combine cornstarch and cocoa in a small bowl; set aside.
- ☐ Place juice, liqueur, water, salt, and chocolate in a small glass bowl; microwave at high 1 minute or until almost melted, stirring every 20 seconds until smooth.
- ☐ Add cornstarch mixture; whisk until smooth.
- ☐ Gently stir one-fourth of egg mixture into chocolate mixture; gently fold into remaining egg mixture. Scrape batter into prepared pan.
- ☐ Place pan in a 13 x 9-inch baking pan; add hot water to larger pan to a depth of 1 inch.

- ☐
- Bake at 350 for 20 minutes or until top is set.
- ☐
- Remove cake pan from water; cool 5 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula; cool to room temperature. Cover and chill at least 4 hours or overnight.
- ☐
- Garnish with powdered sugar and rind just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:5.0852173722309%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 174.92kcal (8.75%), Fat: 6.36g (9.79%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 25.38g (8.46%), Net Carbohydrates: 23.66g (8.6%), Sugar: 19.56g (21.73%), Cholesterol: 93.57mg (31.19%), Sodium: 44.35mg (1.93%), Alcohol: 0.65g (100%), Alcohol %: 1.26% (100%), Caffeine: 14.53mg (4.84%), Protein: 4.27g (8.53%), Selenium: 9µg (12.86%), Copper: 0.24mg (11.85%), Manganese: 0.23mg (11.57%), Phosphorus: 93.88mg (9.39%), Magnesium: 32.91mg (8.23%), Iron: 1.42mg (7.87%), Vitamin B2: 0.13mg (7.63%), Fiber: 1.72g (6.87%), Zinc: 0.75mg (5%), Vitamin B5: 0.43mg (4.29%), Vitamin B12: 0.24µg (3.99%), Potassium: 138.55mg (3.96%), Folate: 14.25µg (3.56%), Vitamin C: 2.83mg (3.43%), Vitamin D: 0.5µg (3.33%), Vitamin A: 151.06IU (3.02%), Vitamin B6: 0.05mg (2.55%), Calcium: 23.99mg (2.4%), Vitamin E: 0.32mg (2.15%), Vitamin B1: 0.02mg (1.34%)