



Dark chocolate & orange cake

 Popular

READY IN



130 min.

SERVINGS



10

CALORIES



694 kcal

DESSERT

Ingredients

- ☐ 1 cranberry-orange relish
- ☐ 10 servings butter melted for greasing
- ☐ 100 g chocolate plain
- ☐ 3 eggs
- ☐ 280 g sugar
- ☐ 240 ml unrefined sunflower oil
- ☐ 25 g cocoa powder
- ☐ 250 g flour plain

- ☐ 1.5 tsp double-acting baking powder
- ☐ 10 servings candied orange peel
- ☐ 200 g chocolate plain
- ☐ 225 ml double cream

Equipment

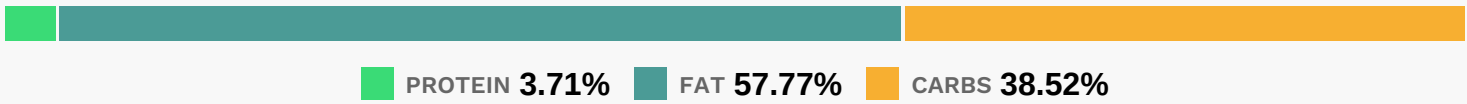
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers
- ☐ palette knife

Directions

- ☐ Pierce the orange with a skewer (right through). Cook in boiling water for 30 minutes until soft. Whizz the whole orange in a food processor until smooth; let cool.
- ☐ Preheat the oven to 180C/gas 4/fan 160C. Grease and line the base of a 23cm/9in round cake tin. Melt the chocolate in a heatproof bowl set over a pan of simmering water or in the microwave for 2 minutes on High, stirring after 1 minute.
- ☐ Let cool.
- ☐ In a large bowl, lightly beat the eggs, sugar and oil. Gradually beat in the pureed orange, discarding any pips, then stir in the cooled melted chocolate. Sift in the cocoa, flour and baking powder.
- ☐ Mix well and pour into the tin.
- ☐ Bake in the centre of the oven for 55 minutes, or until the cake springs back when lightly pressed in the middle. (Check after 45 minutes and cover with foil if it is browning too much.) Allow to cool for 10 minutes in the tin, then turn out on to a wire rack to cool completely.

- Make the chocolate ganache: put the chocolate into a heatproof bowl. Bring the cream to the boil and pour over the chocolate. Leave for 2 minutes, then stir until smooth. Set aside until firm enough to spread over the cake up to 1 hours.
- Transfer the cake to a serving plate. Using a palette knife, swirl the ganache over the top. Decorate with strips of candied orange peel.

Nutrition Facts



Properties

Glycemic Index:41.48, Glycemic Load:41.06, Inflammation Score:-6, Nutrition Score:12.964347590571%

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 Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 693.52kcal (34.68%), Fat: 46.55g (71.61%), Saturated Fat: 16.64g (103.97%), Carbohydrates: 69.84g (23.28%), Net Carbohydrates: 66.26g (24.09%), Sugar: 46.24g (51.38%), Cholesterol: 85.43mg (28.48%), Sodium: 137.23mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.55mg (8.52%), Protein: 6.72g (13.44%), Vitamin E: 9.67mg (64.45%), Manganese: 0.42mg (21.21%), Selenium: 14.69µg (20.99%), Vitamin B2: 0.32mg (18.63%), Copper: 0.32mg (16.16%), Vitamin B1: 0.23mg (15.04%), Iron: 2.69mg (14.97%), Phosphorus: 146.92mg (14.69%), Folate: 58.64µg (14.66%), Fiber: 3.58g (14.33%), Magnesium: 56.68mg (14.17%), Vitamin A: 558.62IU (11.17%), Vitamin B3: 1.79mg (8.97%), Vitamin C: 7.11mg (8.61%), Calcium: 83.93mg (8.39%), Zinc: 1.04mg (6.91%), Potassium: 217.64mg (6.22%), Vitamin B5: 0.44mg (4.35%), Vitamin D: 0.63µg (4.17%), Vitamin K: 4.34µg (4.13%), Vitamin B6: 0.07mg (3.26%), Vitamin B12: 0.16µg (2.7%)