



Dark-Chocolate Soufflé Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

DESSERT

Ingredients

- 0.3 cup cake flour sifted (such as Swan's Down)
- 0.3 teaspoon cream of tartar
- 0.5 cup brown sugar dark packed
- 0.7 cup dutch process unsweetened
- 6 large egg whites at room temperature ()
- 3 large egg yolks
- 0.3 cup granulated sugar
- 0.5 cup granulated sugar

- 1 tablespoon espresso grounds instant
- 2 tablespoons kahlua (coffee-flavored liqueur)
- 1 tablespoon powdered sugar
- 0.3 teaspoon salt
- 2 ounces bittersweet chocolate chopped
- 2 ounces chocolate unsweetened chopped
- 0.8 cup water

Equipment

- frying pan
- sauce pan
- oven
- whisk
- wire rack
- blender
- springform pan

Directions

- Preheat oven to 300
- Coat bottom of a 9-inch springform pan with cooking spray. Set aside.
- Combine 1/2 cup granulated sugar, 1/2 cup brown sugar, water, and espresso in a large saucepan; stir well and bring to a boil.
- Remove from heat; add cocoa, salt, and chocolates, stirring with a whisk until chocolate melts. Stir in Kahlua and egg yolks. Stir in flour; cool to room temperature. Set aside.
- Beat egg whites and cream of tartar at high speed of a mixer until foamy.
- Add 1/3 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold one-fourth of egg white mixture into chocolate mixture; repeat procedure with remaining egg white mixture, one-fourth at a time. Spoon into prepared pan.
- Bake at 300 for 1 hour or until a wooden pick inserted in center comes out almost clean. Cool completely on wire rack.

- Remove sides from pan; sift powdered sugar over cake.
- Garnish with raspberries and chocolate curls, if desired.
- Note: A substitution of 1/4 cup all-purpose flour may be used in place of 1/3 cup cake flour.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:11.33, Inflammation Score:-3, Nutrition Score:6.2091304037882%

Flavonoids

Catechin: 6.14mg, Catechin: 6.14mg, Catechin: 6.14mg, Catechin: 6.14mg Epicatechin: 16.09mg, Epicatechin: 16.09mg, Epicatechin: 16.09mg, Epicatechin: 16.09mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 197.83kcal (9.89%), Fat: 6.2g (9.54%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 31.44g (11.43%), Sugar: 26.59g (29.54%), Cholesterol: 46.18mg (15.39%), Sodium: 84.4mg (3.67%), Alcohol: 0.54g (100%), Alcohol %: 0.86% (100%), Caffeine: 31.92mg (10.64%), Protein: 4.79g (9.58%), Manganese: 0.49mg (24.42%), Copper: 0.41mg (20.73%), Magnesium: 52.84mg (13.21%), Selenium: 8.77µg (12.53%), Fiber: 3.01g (12.05%), Iron: 2.04mg (11.33%), Phosphorus: 90.3mg (9.03%), Vitamin B2: 0.12mg (6.98%), Zinc: 1.05mg (6.97%), Potassium: 211.18mg (6.03%), Calcium: 29.8mg (2.98%), Folate: 10.95µg (2.74%), Vitamin B5: 0.22mg (2.2%), Vitamin B3: 0.39mg (1.94%), Vitamin B12: 0.11µg (1.77%), Vitamin B1: 0.02mg (1.54%), Vitamin D: 0.23µg (1.53%), Vitamin B6: 0.03mg (1.47%), Vitamin A: 63.72IU (1.27%), Vitamin E: 0.18mg (1.17%)