



Dense Bittersweet Chocolate Cake



Gluten Free



Low Fod Map

READY IN



150 min.

SERVINGS



14

CALORIES



524 kcal

DESSERT

Ingredients

- ☐ 1 pound bittersweet chocolate chopped
- ☐ 1 cup hot-brewed coffee brewed
- ☐ 8 extra large eggs
- ☐ 1 cup sugar
- ☐ 1 pound butter unsalted
- ☐ 1 tablespoon vanilla extract

Equipment

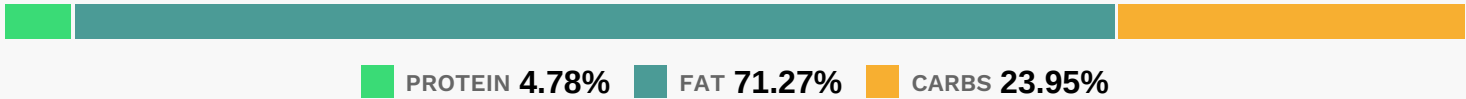
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ double boiler
- ☐ springform pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Butter the sides and bottom of a 10-inch springform pan and set aside.
- ☐ In the top of a double boiler, combine the butter, chocolate and coffee and melt slowly, stirring occasionally, until smooth.
- ☐ Remove from the heat and let cool for 5 minutes.
- ☐ In a medium mixing bowl, whisk together the eggs, sugar and vanilla until frothy.
- ☐ Whisk the eggs into the melted chocolate until combined.
- ☐ Pour the mixture into the prepared pan.
- ☐ Bake for 1 hour and cool on a wire rack until it reaches room temperature.
- ☐ Remove the sides of the pan, cover with plastic wrap and refrigerate overnight, before serving.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:9.97, Inflammation Score:-6, Nutrition Score:9.345217295315%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 523.5kcal (26.18%), Fat: 41.78g (64.28%), Saturated Fat: 24.78g (154.89%), Carbohydrates: 31.58g
(10.53%), Net Carbohydrates: 28.99g (10.54%), Sugar: 26.41g (29.34%), Cholesterol: 190.64mg (63.55%), Sodium:
52.81mg (2.3%), Alcohol: 0.32g (100%), Alcohol %: 0.31% (100%), Caffeine: 34.63mg (11.54%), Protein: 6.31g (12.62%),
Manganese: 0.45mg (22.31%), Copper: 0.43mg (21.73%), Vitamin A: 998.66IU (19.97%), Selenium: 12.96µg (18.51%),
Phosphorus: 155.94mg (15.59%), Magnesium: 62.13mg (15.53%), Iron: 2.62mg (14.58%), Vitamin B2: 0.19mg (11.15%),
Fiber: 2.59g (10.37%), Zinc: 1.31mg (8.71%), Vitamin E: 1.28mg (8.54%), Vitamin D: 1.13µg (7.51%), Potassium: 245.6mg
(7.02%), Vitamin B5: 0.67mg (6.67%), Vitamin B12: 0.4µg (6.64%), Calcium: 46.37mg (4.64%), Vitamin K: 4.71µg
(4.49%), Folate: 16.35µg (4.09%), Vitamin B6: 0.07mg (3.34%), Vitamin B1: 0.03mg (1.82%), Vitamin B3: 0.35mg
(1.73%)