

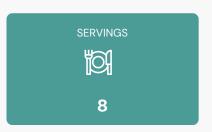
# Dense & dark chocolate loaf

Vegetarian



175 g t brown sugar dark

0.5 tsp baking soda





SIDE DISH

## **Ingredients**

200 g butter for greasing
100 g chocolate dark 70% (use one that's cocoa solids)
150 g yogurt
1 tsp vanilla extract
3 large eggs
250 g self raising flour

	100 ml double cream	
	1 tbsp butter	
	100 g chocolate dark chopped	
Equipment		
	bowl	
	sauce pan	
	baking paper	
	oven	
	whisk	
	wire rack	
	skewers	
Directions		
	Heat oven to 190C/fan 170C/gas 5 and make sure theres a shelf ready in the middle of the oven. Butter a large loaf tin (about 20cm long, measured from the top edge), then cut a strip of baking paper a few inches longer than the total length of the base and the two shortest sides. Press it into the tin. (When your cakes ready, you can use the paper wings at either end to help lift it out.)	
	Put the butter and chocolate in a large saucepan and heat very gently until melted, stirring now and again. Cool for 5 mins, then use a whisk to mix in the yogurt and vanilla, then the egg and a pinch of salt.	
	Mix the flour, sugar and bicarbonate of soda in a large bowl, squishing any big lumps of sugar with your fingers, then stir into the chocolate mix in the saucepan until even.	
	Pour or spoon into the tin, then bake for 45 mins until risen and shiny (and probably with a nice crack along the length). Test if its ready by poking a skewer into the middle of the cake (see tip, below). Cool in the tin for 15 mins, then turn out and cool completely on a wire rack.	
	Put the cream into a small saucepan, bring to the boil, then add the butter and half the chopped chocolate. Take off the heat and leave to melt. Stir until smooth and shiny, then spoon over the cake. Scatter with the rest of the chopped chocolate and serve.	

## **Nutrition Facts**

### **Properties**

Glycemic Index:29, Glycemic Load:16.87, Inflammation Score:-6, Nutrition Score:11.682608820174%

### Nutrients (% of daily need)

Calories: 619.93kcal (31%), Fat: 39.82g (61.27%), Saturated Fat: 23.83g (148.96%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 53.57g (19.48%), Sugar: 28.71g (31.9%), Cholesterol: 144.71mg (48.24%), Sodium: 301.27mg (13.1%), Alcohol: 0.18g (100%), Alcohol %: 0.15% (100%), Caffeine: 20mg (6.67%), Protein: 9.32g (18.63%), Manganese: 0.76mg (37.79%), Selenium: 21.18µg (30.26%), Copper: 0.53mg (26.28%), Iron: 3.77mg (20.93%), Vitamin A: 984.14IU (19.68%), Magnesium: 72.76mg (18.19%), Phosphorus: 176.88mg (17.69%), Fiber: 3.47g (13.9%), Vitamin B2: 0.18mg (10.81%), Zinc: 1.51mg (10.05%), Potassium: 313.18mg (8.95%), Calcium: 89.06mg (8.91%), Vitamin E: 1.22mg (8.12%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.37µg (6.2%), Folate: 21.96µg (5.49%), Vitamin K: 4.29µg (4.08%), Vitamin D: 0.59µg (3.97%), Vitamin B6: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.36%), Vitamin B3: 0.65mg (3.25%)