



Espresso Cream Cake with Chile-Chocolate Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon ancho chile powder
- ☐ 2 ounces bittersweet chocolate
- ☐ 5.3 ounces cake flour sifted
- ☐ 0.8 teaspoon cream of tartar
- ☐ 6 large eggs separated
- ☐ 0.3 cup espresso grounds cooled brewed
- ☐ 3 tablespoons espresso grounds cooled brewed
- ☐ 2 tablespoons milk fat-free

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup silken tofu firm ()
- ☐ 1.3 cups sugar divided
- ☐ 6 tablespoons condensed milk fat-free sweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons ground espresso finely

Equipment

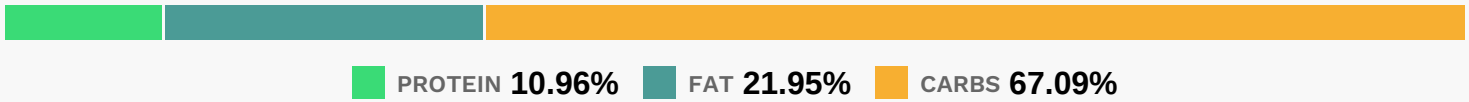
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ microwave
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly spoon flour into dry measuring cups; level with a knife. Sift together flour and 3 tablespoons sugar; set aside.
- ☐ Combine 1 cup sugar and egg yolks in a large bowl; beat with a mixer at high speed 5 minutes or until thick and pale.
- ☐ Combine 3 tablespoons of brewed espresso, ground espresso, vanilla, and salt in a small bowl; add to sugar mixture, beating at low speed until blended. Sift flour mixture evenly over the top of egg yolk mixture; stir just until moist.
- ☐ Beat egg whites with a mixer at high speed until foamy using clean, dry beaters.
- ☐ Add cream of tartar; beat until soft peaks form. Slowly add remaining 1 tablespoon sugar, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into batter; gently

- fold remaining egg white mixture into batter.
- ☐ Pour batter into a 9-inch springform pan.
 - ☐ Bake at 350 for 40 minutes or until cake springs back when touched lightly in center. Cool in pan 1 hour; run a knife around outside edge; remove sides of pan. Cool completely on a wire rack.
 - ☐ To prepare espresso cream, combine tofu, condensed milk, and 1/4 cup of brewed espresso in a blender; process until smooth. Chill.
 - ☐ To prepare chocolate sauce, combine chocolate and fat-free milk in a 1-cup glass measure; microwave at high 1 minute or until chocolate is almost melted.
 - ☐ Add chile powder, stirring until smooth. Spoon espresso cream onto dessert plates, spreading evenly.
 - ☐ Drizzle chocolate sauce in center of espresso cream; top with a cake slice.

Nutrition Facts



Properties

Glycemic Index:19.28, Glycemic Load:23.82, Inflammation Score:-2, Nutrition Score:5.27565217666%

Nutrients (% of daily need)

Calories: 228.79kcal (11.44%), Fat: 5.62g (8.64%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 37.94g (13.8%), Sugar: 28.38g (31.53%), Cholesterol: 96.76mg (32.25%), Sodium: 100.72mg (4.38%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 17.14mg (5.71%), Protein: 6.31g (12.62%), Selenium: 14.74µg (21.05%), Vitamin B2: 0.19mg (11.05%), Phosphorus: 108.65mg (10.87%), Manganese: 0.18mg (8.77%), Copper: 0.13mg (6.36%), Magnesium: 25.05mg (6.26%), Iron: 0.98mg (5.46%), Calcium: 54.1mg (5.41%), Vitamin B5: 0.54mg (5.39%), Potassium: 172.14mg (4.92%), Vitamin B12: 0.29µg (4.83%), Zinc: 0.72mg (4.79%), Folate: 17.13µg (4.28%), Vitamin D: 0.55µg (3.65%), Vitamin A: 181.77IU (3.64%), Vitamin B6: 0.06mg (2.87%), Fiber: 0.71g (2.82%), Vitamin B1: 0.04mg (2.8%), Vitamin B3: 0.55mg (2.76%), Vitamin E: 0.37mg (2.49%)