



WHATSheATE



Fallen Chocolate Cake



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



515 kcal

DESSERT

Ingredients

- ☐ 10 ounces bittersweet chocolate coarsely chopped (61%–72% cacao)
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 6 large eggs
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup mascarpone cheese
- ☐ 3 tablespoons powdered sugar
- ☐ 0.8 cup sugar divided plus more for pan

- ☐ 0.5 cup butter unsalted plus more, room temperature, for pan cut into 1" pieces, (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil

Equipment

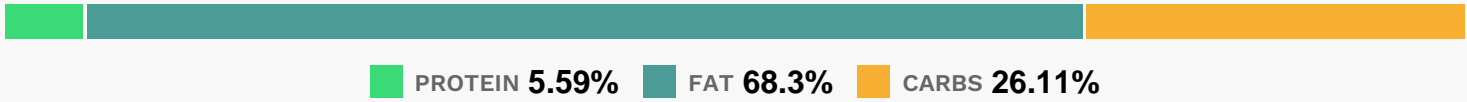
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F. Lightly butter springform pan and dust with sugar, tapping out any excess.
- ☐ Combine chocolate, oil, and 1/2 cup butter in a large heatproof bowl. Set over a saucepan of simmering water and heat, stirring often, until melted.
- ☐ Remove bowl from saucepan.
- ☐ Separate 4 eggs, placing whites and yolks in separate medium bowls.
- ☐ Add cocoa powder, vanilla, salt, 1/4 cup sugar, and remaining 2 eggs to bowl with yolks and whisk until mixture is smooth. Gradually whisk yolk mixture into chocolate mixture, blending well.
- ☐ Using an electric mixer on high speed, beat egg whites until frothy. With mixer running, gradually beat in 1/2 cup sugar; beat until firm peaks form.
- ☐ Gently fold egg whites into chocolate mixture in 2 additions, folding just until incorporated between additions. Scrape batter into prepared pan; smooth top and sprinkle with remaining 2 tablespoons sugar.
- ☐ Bake until top is puffed and starting to crack and cake is pulling away from edge of pan, 35–45 minutes.

- ☐
- Transfer to a wire rack and let cake cool completely in pan (cake will collapse in the center and crack further as it cools). DO AHEAD: Cake can be made 1 day ahead. Cover in pan and store airtight at room temperature.
- ☐
- Using an electric mixer on medium-high speed, beat cream, mascarpone, and powdered sugar in a medium bowl until soft peaks form.
- ☐
- Remove sides of springform pan from cake. Mound whipped cream mixture in center of cake.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:10.47, Inflammation Score:-6, Nutrition Score:9.4256522312112%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 514.53kcal (25.73%), Fat: 39.48g (60.74%), Saturated Fat: 22.13g (138.34%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 31.31g (11.39%), Sugar: 28.61g (31.78%), Cholesterol: 175.85mg (58.62%), Sodium: 234.15mg (10.18%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Caffeine: 26.68mg (8.89%), Protein: 7.27g (14.54%), Manganese: 0.43mg (21.26%), Copper: 0.42mg (20.97%), Vitamin A: 967.17IU (19.34%), Selenium: 12.67µg (18.1%), Phosphorus: 157mg (15.7%), Magnesium: 60.43mg (15.11%), Iron: 2.49mg (13.85%), Vitamin B2: 0.21mg (12.1%), Fiber: 2.64g (10.55%), Zinc: 1.28mg (8.51%), Vitamin K: 8.71µg (8.3%), Vitamin E: 1.19mg (7.92%), Vitamin D: 1.15µg (7.67%), Calcium: 70.16mg (7.02%), Potassium: 243.65mg (6.96%), Vitamin B12: 0.38µg (6.26%), Vitamin B5: 0.62mg (6.21%), Folate: 15.71µg (3.93%), Vitamin B6: 0.07mg (3.53%), Vitamin B1: 0.03mg (1.81%), Vitamin B3: 0.3mg (1.52%)