



WHATSheATE



Fallen Chocolate Cake with Cherry Red Wine Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 4 ounces bittersweet chocolate coarsely chopped
- ☐ 1 pound cherries unsweetened frozen pitted
- ☐ 4 large egg whites
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup pistachios shelled
- ☐ 1 Dash salt

- ☐ 0.7 cup sugar
- ☐ 1.3 cups sugar divided
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.5 cup red wine

Equipment

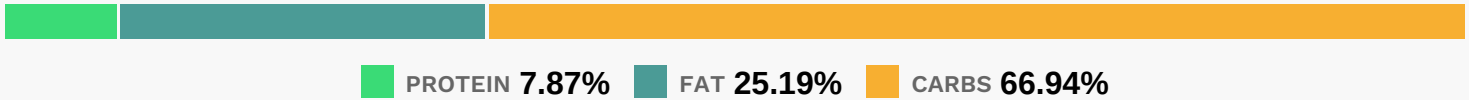
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ springform pan

Directions

- ☐ To prepare sauce, combine the first 3 ingredients in a medium saucepan, and bring to a boil. Reduce heat, and simmer until reduced to 2 cups (about 30 minutes). Chill.
- ☐ Preheat oven to 35
- ☐ To prepare cake, place pistachios in a food processor; process until finely ground.
- ☐ Sprinkle ground pistachios over bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Combine 1 cup sugar and water in a medium saucepan; bring to a boil.
- ☐ Remove from heat; stir in chocolate and salt, stirring until chocolate melts.
- ☐ Add cocoa, stirring with a whisk until well blended.
- ☐ Add eggs, 1 at a time, stirring well after each addition. Stir in extracts.

- ☐
- Beat egg whites with a mixer at high speed until foamy. Gradually add the remaining 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into chocolate mixture; gently fold in remaining egg white mixture. Spoon mixture into prepared pan.
- ☐
- Bake at 350 for 25 minutes or until wooden pick inserted in center comes out nearly clean. Cool to room temperature; run a knife around outside edge.
- ☐
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:16.27, Glycemic Load:23.65, Inflammation Score:-3, Nutrition Score:6.6617391835088%

Flavonoids

Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg, Cyanidin: 11.81mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 4.87mg, Catechin: 4.87mg, Catechin: 4.87mg, Catechin: 4.87mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.35mg, Epicatechin: 9.35mg, Epicatechin: 9.35mg, Epicatechin: 9.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 271.18kcal (13.56%), Fat: 7.82g (12.04%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 43.36g (15.77%), Sugar: 40.86g (45.4%), Cholesterol: 47.07mg (15.69%), Sodium: 41.97mg (1.82%), Alcohol: 1.13g (100%), Alcohol %: 1.13% (100%), Caffeine: 16.37mg (5.46%), Protein: 5.5g (11%), Manganese: 0.37mg (18.52%), Copper: 0.36mg (17.94%), Fiber: 3.4g (13.61%), Magnesium: 48.86mg (12.21%), Selenium: 7.91µg (11.31%), Phosphorus: 112.63mg (11.26%), Iron: 1.72mg (9.57%), Vitamin B2: 0.15mg (8.75%), Potassium: 293.32mg (8.38%), Vitamin B6: 0.14mg (7.03%), Zinc: 0.82mg (5.44%), Vitamin B1: 0.07mg (4.44%), Vitamin C: 2.93mg

(3.56%), Vitamin B5: 0.35mg (3.55%), Calcium: 29.8mg (2.98%), Folate: 11.69µg (2.92%), Vitamin A: 117.89IU (2.36%), Vitamin B12: 0.14µg (2.3%), Vitamin E: 0.33mg (2.23%), Vitamin D: 0.25µg (1.67%), Vitamin B3: 0.33mg (1.63%), Vitamin K: 1.64µg (1.56%)