



Flourless Chocolate Cake

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 8 servings poached berries
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 1 stick butter cold
- ☐ 0.5 cup cocoa powder sifted
- ☐ 3 eggs beaten
- ☐ 2 ounces frangelico (recommended: Frangelico)
- ☐ 0.5 cup heavy cream
- ☐ 8 servings powdered sugar

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

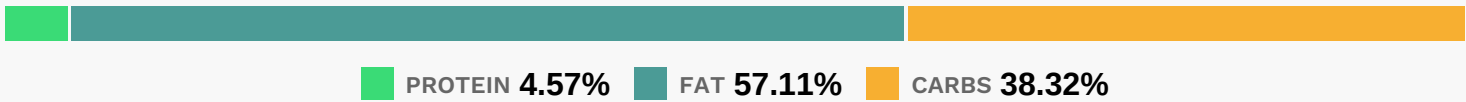
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ double boiler
- ☐ cake form
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F. Spray an 8-inch round cake pan with nonstick butter spray and line bottom with parchment.
- ☐ Put the chocolate, butter, vanilla and hazelnut liqueur in a large bowl on top of a double boiler. Stir the mixture frequently until combined and smooth.
- ☐ Remove the chocolate from heat and put the bowl into an "ice bath" to cool the chocolate.
- ☐ Cook's Note: This step is important so the eggs will not cook when added to the chocolate.
- ☐ Mix in the sugar and cocoa powder. Stir in the eggs and pour into the prepared cake pan.
- ☐ Put the cake pan on a sheet tray and bake for 20 to 25 minutes.
- ☐ Remove the cake from the oven and invert onto a rack over a sheet pan lined with parchment paper.
- ☐ Pour the ganache over the cake. Allow the cake to cool and set for 10 minutes before serving.
- ☐ Garnish with fresh berries and powdered sugar.
- ☐ Put the chocolate into a large bowl.

- ☐
- Heat the cream in a small pot, over low heat, until hot to the touch.
- ☐
- Pour the hot cream over the chocolate.
- ☐
- Mix well with a rubber spatula until the chocolate melts.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:13.09, Inflammation Score:-6, Nutrition Score:9.288695729945%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 457.1kcal (22.86%), Fat: 30.06g (46.24%), Saturated Fat: 17.88g (111.74%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 41.08g (14.94%), Sugar: 37.69g (41.88%), Cholesterol: 110.26mg (36.75%), Sodium: 122.64mg (5.33%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 36.74mg (12.25%), Protein: 5.41g (10.83%), Manganese: 0.59mg (29.52%), Copper: 0.57mg (28.68%), Magnesium: 80.13mg (20.03%), Fiber: 4.28g (17.13%), Iron: 2.86mg (15.9%), Phosphorus: 157.99mg (15.8%), Vitamin A: 675.38IU (13.51%), Selenium: 8.96µg (12.81%), Zinc: 1.38mg (9.22%), Vitamin B2: 0.14mg (8.29%), Potassium: 284.55mg (8.13%), Vitamin E: 0.82mg (5.43%), Calcium: 47.31mg (4.73%), Vitamin B12: 0.25µg (4.09%), Vitamin B5: 0.41mg (4.07%), Vitamin D: 0.57µg (3.79%), Vitamin K: 3.85µg (3.67%), Folate: 10.56µg (2.64%), Vitamin B6: 0.05mg (2.52%), Vitamin B3: 0.39mg (1.95%), Vitamin B1: 0.02mg (1.59%)