



Flourless Chocolate Cakes



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



134 kcal

DESSERT

Ingredients



1 ounce bittersweet chocolate cooled melted



1 large eggs



1.5 tablespoons pecans chopped



0.3 cup sugar



2 teaspoons cocoa unsweetened



1 tablespoon warm water

Equipment



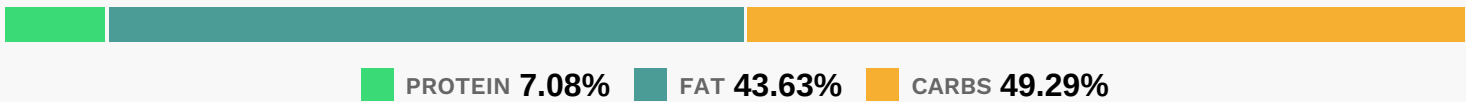
bowl

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat oven to 425
- ☐ Separate egg, placing egg white and egg yolk in separate medium bowls.
- ☐ Add sugar and cocoa to egg yolk, stirring with a whisk.
- ☐ Add pecans, water, and chocolate, stirring with a whisk.
- ☐ Beat egg white with a mixer at high speed until stiff peaks form. Gently fold half of egg white into egg yolk mixture; fold in remaining egg white. Spoon batter evenly into 4 (4-ounce) ramekins coated with cooking spray.
- ☐ Bake at 425 for 10 minutes or until almost set.
- ☐ Transfer to a wire rack; cool 10 minutes.
- ☐ Garnish with powdered sugar and strawberries, if desired.
- ☐ Choice ingredient
- ☐ Cocoa powder is made from ground roasted cacao seeds that have had most of the fat removed. When you are using less real chocolate in light baking, incorporate some cocoa powder to deepen the chocolate flavor without adding a lot of extra fat.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:8.74, Inflammation Score:-1, Nutrition Score:3.3391304477725%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg

Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg
Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epigallocatechin 3–gallate:
0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate:
0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 134.09kcal (6.7%), Fat: 6.71g (10.33%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 17.07g (5.69%), Net
Carbohydrates: 15.95g (5.8%), Sugar: 15.28g (16.98%), Cholesterol: 46.93mg (15.64%), Sodium: 18.88mg (0.82%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.25mg (2.42%), Protein: 2.45g (4.9%), Manganese: 0.29mg
(14.29%), Copper: 0.16mg (8.14%), Selenium: 4.72µg (6.75%), Phosphorus: 57.23mg (5.72%), Magnesium: 21.04mg
(5.26%), Iron: 0.84mg (4.65%), Fiber: 1.11g (4.45%), Vitamin B2: 0.07mg (4.06%), Zinc: 0.55mg (3.7%), Vitamin B5:
0.25mg (2.47%), Potassium: 80.66mg (2.3%), Vitamin B1: 0.03mg (2.16%), Vitamin B12: 0.12µg (2.07%), Folate:
6.86µg (1.71%), Vitamin D: 0.25µg (1.67%), Vitamin B6: 0.03mg (1.61%), Vitamin E: 0.23mg (1.51%), Calcium: 14.9mg
(1.49%), Vitamin A: 73.14IU (1.46%)