



WHATSheATE



Flourless Chocolate-Hazelnut Cake

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



686 kcal

DESSERT

Ingredients

- ☐ 12 ounces bittersweet chocolate 60% chopped
- ☐ 1 teaspoon kosher salt
- ☐ 6 large eggs
- ☐ 1 cup brown sugar packed ()
- ☐ 1 cup ground hazelnuts finely (ground in processor; 5 ounces)
- ☐ 12 servings hazelnuts toasted chopped
- ☐ 1 cup heavy whipping cream chilled
- ☐ 0.8 cup butter unsalted cut into chunks ()

☐ 0.5 cup frangelico divided

Equipment

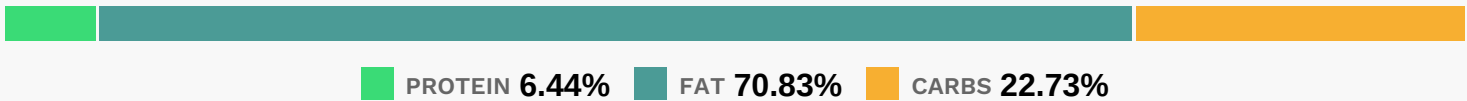
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Butter 9-inch-diameter springform pan. Line bottom of pan with parchment paper round. Wrap outside of pan tightly with 3 layers of heavy-duty foil.
- ☐ Combine chocolate and butter in medium metal bowl; set bowl over saucepan of simmering water.
- ☐ Whisk until mixture is melted and smooth.
- ☐ Remove bowl from over water.
- ☐ Whisk eggs, golden brown sugar, and 1/4 cup Frangelico in large bowl to blend.
- ☐ Add chocolate mixture and whisk until smooth. Stir in ground hazelnuts and 1 teaspoon coarse kosher salt.
- ☐ Transfer batter to prepared pan.
- ☐ Place springform pan in large roasting pan.
- ☐ Pour enough hot water into roasting pan to come halfway up sides of springform pan.
- ☐ Place in oven and tent springform pan loosely with foil.

- ☐ Bake until cake is set in center and top is dry to touch, about 1 1/2 hours (top of cake will remain shiny).
- ☐ Remove cake from roasting pan; remove foil from top and outside of pan. Cool cake in pan on rack. Chill cake until cold, about 3 hours. DO AHEAD: Can be made 3 days ahead. Cover and keep chilled.
- ☐ Using electric mixer, beat whipping cream and remaining 1/4 cup Frangelico in medium bowl until soft peaks form. Run knife around pan sides to loosen cake. Release pan sides.
- ☐ Cut cake into wedges.
- ☐ Transfer to plates. Top with whipped cream; sprinkle with chopped toasted hazelnuts.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:18.829565203708%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Nutrients (% of daily need)

Calories: 686.48kcal (34.32%), Fat: 55.75g (85.78%), Saturated Fat: 20.55g (128.41%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 34.09g (12.4%), Sugar: 30.5g (33.89%), Cholesterol: 147.62mg (49.21%), Sodium: 244.17mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 11.41g (22.82%), Manganese: 2.25mg (112.41%), Copper: 0.9mg (45.05%), Vitamin E: 5.44mg (36.28%), Magnesium: 105.12mg (26.28%), Fiber: 6.17g (24.67%), Iron: 4.26mg (23.69%), Phosphorus: 225.85mg (22.59%), Selenium: 11.73µg (16.76%), Vitamin A: 801.27IU (16.03%), Vitamin B1: 0.22mg (14.44%), Potassium: 445.91mg (12.74%), Zinc: 1.88mg (12.5%), Vitamin B2: 0.2mg (12.01%), Vitamin B6: 0.24mg (11.8%), Folate: 47.05µg (11.76%), Calcium: 110.68mg (11.07%), Vitamin B5: 0.83mg (8.34%), Vitamin K: 8µg (7.62%), Vitamin D: 1.03µg (6.87%), Vitamin B12: 0.33µg (5.49%), Vitamin B3: 0.84mg (4.18%), Vitamin C: 2.4mg (2.91%)