



Flourless Chocolate-Mint Cake

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



30

CALORIES



92 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 4 eggs
- 2 Tbsp mint leaves fresh finely chopped
- 8 oz baker's semi-sweet chocolate
- 0.5 cup sugar divided

Equipment

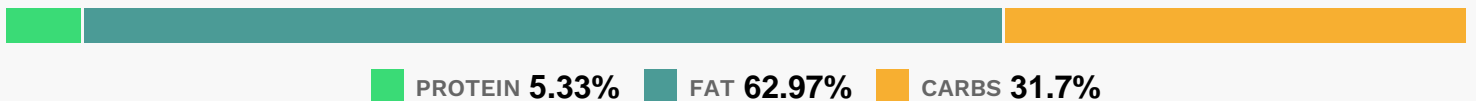
- bowl
- frying pan

- oven
- knife
- blender
- toothpicks
- microwave
- springform pan

Directions

- Heat oven to 350F.
- Spray bottom and side of 9-inch springform pan with cooking spray; dust side with 2 tsp. sugar.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 1-1/2 min. or until both are completely melted, stirring every 30 sec. Stir in remaining sugar and mint.
- Beat eggs in medium bowl with mixer on high speed 9 to 10 min. or thickened and quadrupled in volume.
- Add half the eggs to chocolate mixture; stir gently until blended. Repeat with remaining eggs.
- Pour into prepared pan.
- Bake 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool 10 min. Run small knife around rim of pan to loosen cake; remove rim. Cool cake completely.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:1.874782598051%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 92.27kcal (4.61%), Fat: 6.51g (10.02%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 6.76g (2.46%), Sugar: 6.12g (6.8%), Cholesterol: 22.28mg (7.43%), Sodium: 44.83mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.5mg (2.17%), Protein: 1.24g (2.48%), Manganese: 0.1mg (5.16%), Copper: 0.1mg (4.96%), Magnesium: 14.21mg (3.55%), Selenium: 2.46µg (3.51%), Vitamin A: 175.32IU (3.51%), Iron: 0.59mg (3.26%), Phosphorus: 32.22mg (3.22%), Fiber: 0.61g (2.45%), Vitamin B2: 0.03mg (1.93%), Zinc: 0.28mg (1.85%), Potassium: 53.22mg (1.52%), Vitamin E: 0.22mg (1.49%), Vitamin B5: 0.12mg (1.16%), Vitamin B12: 0.07µg (1.16%)