



Flourless Chocolate-Nut Cake

 Gluten Free  Low Fod Map

READY IN



55 min.

SERVINGS



55

CALORIES



77 kcal

DESSERT

Ingredients

- 0.8 cup butter softened
- 6 eggs separated
- 1 tsp orange zest
- 8 oz baker's semi-sweet chocolate melted
- 0.8 cup sugar divided
- 1 cup planters walnuts finely chopped

Equipment

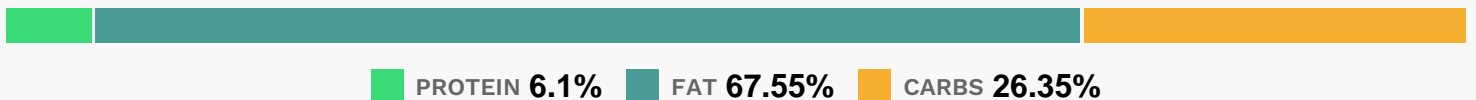
- bowl

- frying pan
- oven
- knife
- wire rack
- blender
- toothpicks
- springform pan

Directions

- Heat oven to 350F.
- Beat egg whites in small bowl with mixer on high speed until foamy. Gradually beat in 1/4 cup sugar until stiff peaks form. Set aside.
- Beat egg yolks and remaining sugar in medium bowl with mixer on high speed until thick and lemon colored.
- Add butter; mix well. Blend in chocolate and zest. Stir in nuts. Gently stir in egg whites.
- Spread onto bottom of 9-inch springform pan sprayed with cooking spray.
- Bake 35 to 40 min. or until toothpick inserted in center comes out clean. Cool in pan 10 min. Run knife around rim of pan to loosen cake; remove rim. Cool cake completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:2.55, Glycemic Load:1.93, Inflammation Score:-1, Nutrition Score:1.6708695435006%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 77.38kcal (3.87%), Fat: 5.94g (9.14%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.74g (1.72%), Sugar: 4.31g (4.79%), Cholesterol: 24.76mg (8.25%), Sodium: 27.2mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.55mg (1.18%), Protein: 1.21g (2.41%), Manganese: 0.13mg (6.44%), Copper: 0.09mg (4.45%), Phosphorus: 28.34mg (2.83%), Magnesium: 11.26mg (2.82%), Selenium: 1.97µg (2.82%),

Iron: 0.41mg (2.27%), Vitamin A: 105.92IU (2.12%), Fiber: 0.48g (1.91%), Vitamin B2: 0.03mg (1.69%), Zinc: 0.24mg (1.6%), Potassium: 40.26mg (1.15%), Folate: 4.44 μ g (1.11%), Vitamin E: 0.16mg (1.08%), Vitamin B6: 0.02mg (1.06%), Vitamin B5: 0.1mg (1.02%)