



Flourless Chocolate-Orange Almond Cake



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 6 large eggs separated
- ☐ 10 servings butter melted
- ☐ 10 servings cranberry-orange relish
- ☐ 0.5 cup orange juice
- ☐ 2 teaspoons orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces bittersweet chocolate unsweetened coarsely chopped (not)
- ☐ 1 cup sugar divided

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 vanilla pod split
- ☐ 6 ounces almonds whole

Equipment

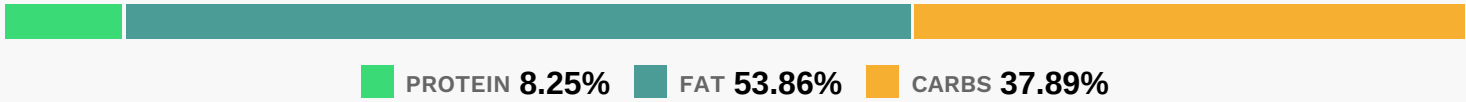
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush bottom of 10-inch-diameter springform pan generously with margarine. Blend almonds and 1/4 cup sugar in processor until almonds are finely ground.
- ☐ Add chocolate; blend until chocolate is finely ground, scraping sides and bottom of bowl occasionally.
- ☐ Whisk cocoa, orange juice, and orange peel in small bowl until smooth.
- ☐ Combine egg yolks and 1/2 cup plus 2 tablespoons sugar in large bowl. Scrape in seeds from vanilla bean. Using electric mixer, beat until yolk mixture is very thick, about 4 minutes. Beat in cocoa mixture. Fold in ground-almond mixture. Using clean dry beaters, beat egg whites and salt in another large bowl until soft peaks form. Gradually add 2 tablespoons sugar, beating until whites are stiff but not dry. Fold whites into chocolate batter in 3 additions.
- ☐ Transfer to prepared pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 40 minutes. Cool cake completely in pan on rack. (Can be made 1 day ahead. Cover with foil; store at room temperature.)
- ☐ Cut around cake in pan; release sides.
- ☐ Cut cake into wedges.

- ☐ Transfer to plates.
- ☐ Place scoop of sorbet alongside.

Nutrition Facts



Properties

Glycemic Index:17.46, Glycemic Load:18.37, Inflammation Score:-8, Nutrition Score:18.456521682117%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 26.01mg, Hesperetin: 26.01mg, Hesperetin: 26.01mg, Hesperetin: 26.01mg Naringenin: 14.13mg, Naringenin: 14.13mg, Naringenin: 14.13mg, Naringenin: 14.13mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 476.78kcal (23.84%), Fat: 29.99g (46.14%), Saturated Fat: 8.03g (50.21%), Carbohydrates: 47.48g (15.83%), Net Carbohydrates: 40.17g (14.61%), Sugar: 36.59g (40.65%), Cholesterol: 112.62mg (37.54%), Sodium: 235.87mg (10.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.52mg (8.17%), Protein: 10.33g (20.67%), Vitamin C: 54.65mg (66.24%), Manganese: 0.81mg (40.63%), Vitamin E: 5.38mg (35.84%), Copper: 0.62mg (30.99%), Fiber: 7.31g (29.22%), Magnesium: 111.79mg (27.95%), Phosphorus: 235.02mg (23.5%), Vitamin B2: 0.4mg (23.46%), Vitamin A: 900.43IU (18.01%), Selenium: 12.54µg (17.91%), Iron: 2.96mg (16.43%), Potassium: 522.73mg (14.94%), Folate: 53.94µg (13.49%), Calcium: 121.05mg (12.11%), Zinc: 1.73mg (11.56%), Vitamin B1: 0.15mg (9.8%), Vitamin B5: 0.86mg (8.64%), Vitamin B6: 0.15mg (7.3%), Vitamin B3: 1.18mg (5.92%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.6µg (4%), Vitamin K: 1.43µg (1.37%)