



Flourless Chocolate Torte



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



506 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 5 large eggs separated
- ☐ 16 ounce semisweet chocolate squares coarsely chopped
- ☐ 0.3 cup sugar
- ☐ 8 servings cocoa unsweetened
- ☐ 1 tablespoon vanilla extract

Equipment

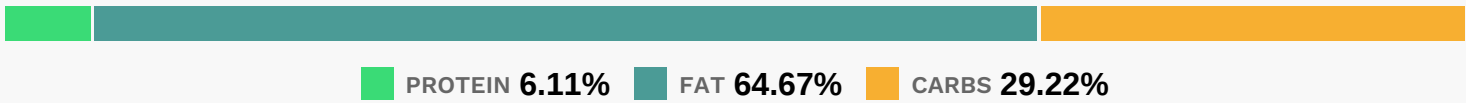
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Grease a 9-inch springform pan, and dust with unsweetened cocoa; set aside.
- ☐ Melt chopped chocolate and butter in a heavy saucepan over low heat, stirring until smooth.
- ☐ Whisk together egg yolks and vanilla in a large bowl. Gradually stir in chocolate mixture; whisk until well blended.
- ☐ Beat egg whites at high speed with an electric mixer until soft peaks form. Gradually add sugar, beating until sugar dissolves and stiff peaks form. Fold one-third beaten egg white mixture into chocolate mixture; gently fold in remaining egg white mixture just until blended. Spoon batter into prepared pan, spreading evenly.
- ☐ Bake at 375 for 25 minutes. (Do not overbake.)
- ☐ Let stand in pan on a wire rack 10 minutes before removing sides of pan.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:4.37, Inflammation Score:-6, Nutrition Score:12.411304308021%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 505.72kcal (25.29%), Fat: 36.36g (55.93%), Saturated Fat: 20.84g (130.27%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 32.06g (11.66%), Sugar: 27.4g (30.44%), Cholesterol: 150.16mg (50.05%), Sodium: 141.69mg (6.16%), Alcohol: 0.56g (100%), Alcohol %: 0.64% (100%), Caffeine: 51.06mg (17.02%), Protein: 7.73g (15.45%), Manganese: 0.8mg (40.12%), Copper: 0.77mg (38.48%), Magnesium: 109.01mg (27.25%), Iron: 4.28mg (23.76%), Phosphorus: 220.13mg (22.01%), Selenium: 14.68µg (20.97%), Fiber: 4.91g (19.62%), Zinc: 1.99mg (13.26%), Vitamin A: 551.65IU (11.03%), Potassium: 385.74mg (11.02%), Vitamin B2: 0.18mg (10.62%), Vitamin B12: 0.4µg (6.74%), Vitamin B5: 0.67mg (6.68%), Vitamin E: 0.99mg (6.62%), Calcium: 57.58mg (5.76%), Vitamin K: 5.19µg (4.95%), Vitamin D: 0.63µg (4.17%), Folate: 15.43µg (3.86%), Vitamin B6: 0.07mg (3.72%), Vitamin B3: 0.53mg (2.67%), Vitamin B1: 0.03mg (2.15%)