



Flourless Walnut-Date Cake

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



702 kcal

DESSERT

Ingredients

- 2 ounces bittersweet chocolate chopped
- 0.8 cup dates pitted chopped
- 4 large eggs separated
- 0.8 teaspoon ground cinnamon
- 1 teaspoon honey
- 1 pinch kosher salt
- 4 tablespoons butter unsalted cut into small pieces (for kosher)
- 2 teaspoons orange zest finely grated

- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 3 cups walnut halves
- 8 servings walnuts toasted chopped for topping

Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- blender
- plastic wrap
- toothpicks
- cake form
- microwave

Directions

- Make the cake: Preheat the oven to 350 degrees F. Coat the bottom and sides of a 9-inch-round cake pan with cooking spray and line with parchment paper.
- Put the walnuts, cinnamon and 1/4 cup sugar in a food processor; pulse until finely ground but not powdery.
- Whisk the egg yolks, orange zest and vanilla, if using, in a small bowl.
- Beat the egg whites and salt in a large bowl with a mixer on medium-high speed until foamy. Beat in the remaining 1/4 cup sugar, 1 tablespoon at a time, until soft peaks form, about 8 minutes. Fold in the yolk mixture and dates, then fold in the ground walnut mixture. Scrape the batter into the prepared pan.
- Bake until the cake is golden and a toothpick comes out clean, 23 to 25 minutes.

- Let cool in the pan on a rack, then run a knife along the sides and invert the cake onto a platter.
- Put the chocolate, margarine and honey in a microwave-safe bowl, cover with plastic wrap and microwave until the margarine melts, about 2 minutes.
- Whisk until smooth. Cool slightly, then pour over the cake. Top with walnuts.

Nutrition Facts

PROTEIN 8.19% **FAT 71.4%** **CARBS 20.41%**

Properties

Glycemic Index:27.42, Glycemic Load:14.94, Inflammation Score:-7, Nutrition Score:19.968260920566%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 702.29kcal (35.11%), Fat: 58.99g (90.76%), Saturated Fat: 8.05g (50.29%), Carbohydrates: 37.93g (12.64%), Net Carbohydrates: 31.15g (11.33%), Sugar: 26.62g (29.58%), Cholesterol: 93.43mg (31.14%), Sodium: 109.06mg (4.74%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Caffeine: 6.1mg (2.03%), Protein: 15.23g (30.46%), Manganese: 2.69mg (134.71%), Copper: 1.31mg (65.61%), Magnesium: 138.63mg (34.66%), Phosphorus: 333.98mg (33.4%), Fiber: 6.77g (27.09%), Vitamin B6: 0.47mg (23.33%), Folate: 87.01µg (21.75%), Zinc: 2.84mg (18.94%), Vitamin B1: 0.27mg (18.18%), Iron: 3.21mg (17.81%), Selenium: 12.4µg (17.71%), Vitamin B2: 0.24mg (14.35%), Potassium: 497.13mg (14.2%), Calcium: 101.19mg (10.12%), Vitamin B5: 0.92mg (9.17%), Vitamin A: 407.74IU (8.15%), Vitamin E: 1.05mg (7.01%), Vitamin B3: 1.09mg (5.46%), Vitamin B12: 0.24µg (4.04%), Vitamin D: 0.5µg (3.33%), Vitamin K: 3.01µg (2.87%), Vitamin C: 1.72mg (2.09%)