



## Great Chocolate Cake

READY IN



45 min.

SERVINGS



8

CALORIES



366 kcal

### Ingredients

- 14 ounces bittersweet chocolate
- 3.3 tablespoons butter
- 4 eggs
- 1.5 tablespoons flour all-purpose
- 1 teaspoon water

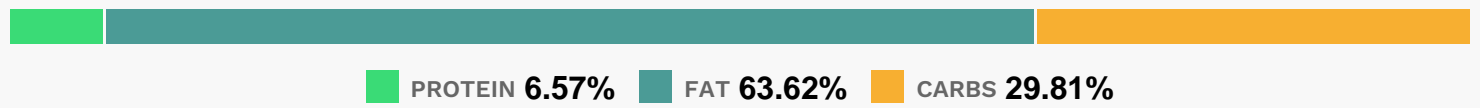
### Equipment

- frying pan
- oven

## Directions

- Preheat oven to 400 degrees F ( 200 degrees C). Grease and flour one 9 inch round pan.
- Bring eggs to room temperature and separate.
- Melt dark chocolate and butter or margarine over low heat.
- Beat egg yolks, flour, and water.
- Add the chocolate mixture. Beat the egg whites, and fold into the chocolate batter.
- Pour into prepared pan, and bake for 20 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.63, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:9.912608758263%

## Nutrients (% of daily need)

Calories: 365.66kcal (18.28%), Fat: 25.84g (39.76%), Saturated Fat: 14.62g (91.37%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 23.23g (8.45%), Sugar: 18.3g (20.33%), Cholesterol: 97.36mg (32.45%), Sodium: 73.77mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 42.67mg (14.22%), Protein: 6g (12.01%), Manganese: 0.67mg (33.66%), Copper: 0.64mg (31.86%), Magnesium: 90.39mg (22.6%), Iron: 3.59mg (19.93%), Phosphorus: 175.47mg (17.55%), Selenium: 11.46µg (16.37%), Fiber: 4.01g (16.03%), Zinc: 1.61mg (10.76%), Potassium: 314.56mg (8.99%), Vitamin B2: 0.13mg (7.87%), Vitamin A: 289.38IU (5.79%), Vitamin B5: 0.5mg (4.99%), Vitamin B12: 0.29µg (4.92%), Calcium: 44.71mg (4.47%), Vitamin E: 0.66mg (4.4%), Vitamin K: 4.05µg (3.86%), Folate: 13.09µg (3.27%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.06mg (2.75%), Vitamin B3: 0.52mg (2.59%), Vitamin B1: 0.04mg (2.4%)