



La Bete Noire



Gluten Free



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 tablespoons butter unsalted diced (1 stick plus 1 tablespoon)
- ☐ 6 large eggs
- ☐ 1 cup heavy whipping cream
- ☐ 16 servings lightly whipped cream sweetened
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.8 cup sugar
- ☐ 1 cup water

Equipment

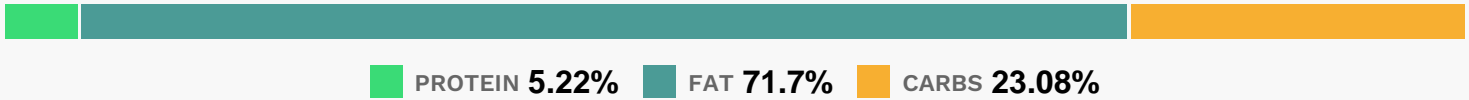
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ cake form
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F. Butter 10-inch-diameter springform pan. Line bottom of pan with parchment round; butter parchment. Wrap 3 layers of heavy-duty foil around outside of pan, bringing foil to top of rim.
- ☐ Combine 1 cup water and sugar in small saucepan. Bring to boil over medium heat, stirring until sugar dissolves. Simmer 5 minutes.
- ☐ Remove from heat.
- ☐ Melt butter in large saucepan over low heat.
- ☐ Add chocolate and whisk until smooth.
- ☐ Whisk sugar syrup into chocolate; cool slightly.
- ☐ Add eggs to chocolate mixture and whisk until well blended.
- ☐ Pour batter into prepared pan.
- ☐ Place cake pan in large roasting pan.
- ☐ Add enough hot water to roasting pan to come halfway up sides of cake pan.
- ☐ Bake cake until center no longer moves when pan is gently shaken, about 50 minutes.
- ☐ Remove from water bath; transfer to rack. Cool completely in pan.
- ☐ Bring whipping cream to simmer in small saucepan over medium heat.
- ☐ Remove from heat.
- ☐ Add chocolate and whisk until smooth.

- ☐
- Pour over top of cake still in pan. Gently shake pan to distribute ganache evenly over top of cake. Refrigerate cake in pan until ganache is set, about 2 hours. DO AHEAD: Can be made 2 days ahead. Cover and keep refrigerated.
- ☐
- Run knife around pan sides to loosen cake; release sides.
- ☐
- Cut cake into wedges and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:5.069565170485%

Nutrients (% of daily need)

Calories: 303.77kcal (15.19%), Fat: 24.55g (37.77%), Saturated Fat: 14.63g (91.41%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 16.65g (6.05%), Sugar: 16.15g (17.94%), Cholesterol: 124.89mg (41.63%), Sodium: 39.46mg (1.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 4.02g (8.04%), Vitamin A: 741.3IU (14.83%), Selenium: 7.53µg (10.75%), Copper: 0.2mg (9.82%), Manganese: 0.19mg (9.7%), Phosphorus: 84.5mg (8.45%), Vitamin B2: 0.13mg (7.36%), Magnesium: 28.54mg (7.14%), Iron: 1.25mg (6.92%), Vitamin D: 0.73µg (4.87%), Fiber: 1.13g (4.54%), Zinc: 0.66mg (4.42%), Calcium: 42.03mg (4.2%), Vitamin E: 0.6mg (4%), Vitamin B12: 0.23µg (3.83%), Vitamin B5: 0.38mg (3.77%), Potassium: 122.45mg (3.5%), Folate: 9.64µg (2.41%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 2.1µg (2%), Vitamin B1: 0.02mg (1.03%)