



Passover Chocolate Sponge Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



355 kcal

DESSERT

Ingredients

- 10 eggs separated
- 2 cups ground almonds
- 6 ounce bittersweet chocolate chopped
- 0.9 cup sugar white

Equipment

- frying pan
- oven
- double boiler

kugelhopf pan

Directions

Melt chocolate in top of double boiler; set aside.

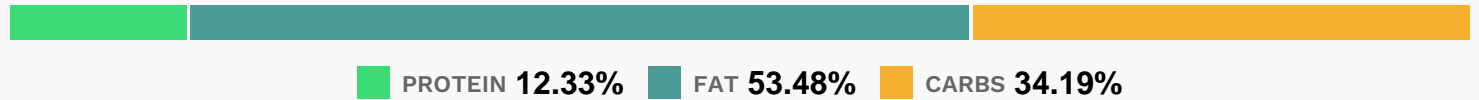
Beat egg yolks until thick and lemon colored. Gradually beat in sugar. Blend in chocolate and almonds.

Beat egg whites until stiff peaks form. Fold whites into chocolate batter. Spoon batter into an ungreased 10 inch Bundt pan.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until cake springs back when lightly touched.

Remove from oven, invert pan, and cool about 40 minutes before removing from pan.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:12.22, Inflammation Score:-2, Nutrition Score:7.4495652395746%

Nutrients (% of daily need)

Calories: 355.34kcal (17.77%), Fat: 21.84g (33.61%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 27.68g (10.06%), Sugar: 24.66g (27.4%), Cholesterol: 164.7mg (54.9%), Sodium: 64.36mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 11.33g (22.67%), Selenium: 15.04µg (21.49%), Iron: 2.7mg (15%), Fiber: 3.74g (14.94%), Phosphorus: 131.35mg (13.13%), Vitamin B2: 0.21mg (12.51%), Copper: 0.25mg (12.26%), Manganese: 0.24mg (11.92%), Magnesium: 35.22mg (8.8%), Calcium: 82.4mg (8.24%), Vitamin B5: 0.73mg (7.26%), Vitamin B12: 0.42µg (7.04%), Zinc: 1.02mg (6.8%), Vitamin D: 0.88µg (5.87%), Folate: 20.68µg (5.17%), Vitamin A: 246.1IU (4.92%), Potassium: 157.52mg (4.5%), Vitamin B6: 0.08mg (4.03%), Vitamin E: 0.56mg (3.75%), Vitamin B1: 0.02mg (1.54%), Vitamin K: 1.36µg (1.29%)