



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

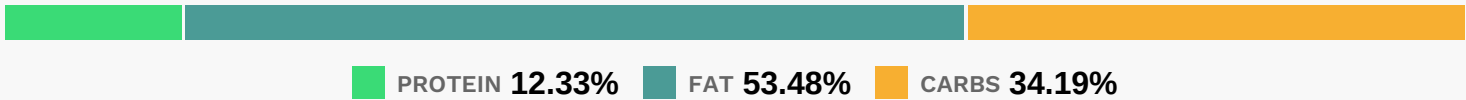
- ☐ frying pan
- ☐ oven
- ☐ double boiler

☐ 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%)