



Port Wine Chocolate Cake

READY IN



85 min.

SERVINGS



10

CALORIES



373 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 tablespoon plus
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 egg whites
- ☐ 5 egg yolks
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup port wine
- ☐ 1 cup semi chocolate chips
- ☐ 1 ounce chocolate unsweetened

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 3 tablespoons sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ In the top of a double boiler, melt unsweetened chocolate and 3/4 cup butter, stirring occasionally, until smooth. Set aside to cool to room temperature. Preheat oven to 350 degrees F (175 degrees C). Grease a 10 inch Bundt or tube pan.
- ☐ In a large bowl, beat egg yolks and 3/4 cup sugar together with an electric mixer on High speed until light and fluffy, about 5 minutes. Gradually stir in the 3/4 cup of port wine and flour. Fold in the cooled chocolate mixture.
- ☐ In a clean bowl, whip egg whites with cream of tartar until frothy. Gradually whisk in 3 tablespoons sugar, and continue to whip until stiff peaks form. Fold 1/3 of the whites into the batter, then quickly fold in remaining whites until no streaks remain. Quickly fold in walnuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for about 45 minutes, or until tested done with a toothpick. Cool in pan 10 minutes. Invert onto serving plate. Cool completely.
- ☐ To make the glaze: In the top of a double boiler, over lightly simmering water, combine chocolate chips, 1/2 cup butter and corn syrup. Stir frequently until chocolate is melted. Stir in the remaining 1/2 cup port wine and vanilla until mixture is smooth. Set aside to cool for about 30 minutes.
- ☐ Pour glaze over the cooled cake.

Nutrition Facts

 **PROTEIN 7.64%**  **FAT 67.24%**  **CARBS 25.12%**

Properties

Glycemic Index:23.41, Glycemic Load:6.29, Inflammation Score:-5, Nutrition Score:9.8965217108312%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 372.99kcal (18.65%), Fat: 27.7g (42.61%), Saturated Fat: 12.3g (76.89%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 20.42g (7.43%), Sugar: 12.52g (13.91%), Cholesterol: 122.68mg (40.89%), Sodium: 106.93mg (4.65%), Alcohol: 1.9g (100%), Alcohol %: 2.65% (100%), Caffeine: 17.75mg (5.92%), Protein: 7.08g (14.16%), Manganese: 0.82mg (41.02%), Copper: 0.53mg (26.39%), Selenium: 12.68µg (18.11%), Magnesium: 64.26mg (16.06%), Phosphorus: 146.55mg (14.65%), Iron: 2.56mg (14.21%), Fiber: 2.86g (11.45%), Vitamin B2: 0.18mg (10.61%), Folate: 37.78µg (9.44%), Zinc: 1.39mg (9.28%), Vitamin A: 424.76IU (8.5%), Vitamin B1: 0.12mg (7.92%), Potassium: 257.03mg (7.34%), Vitamin B6: 0.11mg (5.26%), Vitamin B5: 0.47mg (4.67%), Vitamin E: 0.7mg (4.66%), Calcium: 42.98mg (4.3%), Vitamin B12: 0.24µg (4.01%), Vitamin B3: 0.74mg (3.69%), Vitamin D: 0.49µg (3.24%), Vitamin K: 2.76µg (2.63%)