



Quick chocolate & nut cake



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



848 kcal

DESSERT

Ingredients

- ☐ 100 g butter
- ☐ 400 g chocolate dark
- ☐ 50 g sugar
- ☐ 0.5 tsp cinnamon
- ☐ 200 g coconut or
- ☐ 100 g brazil nuts roughly chopped
- ☐ 6 servings coconut flakes

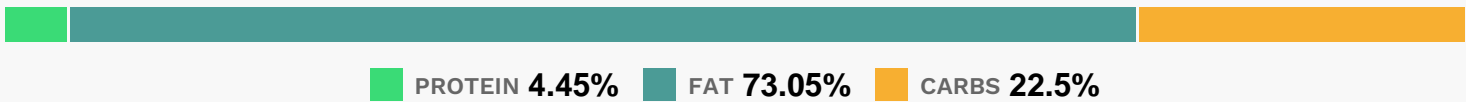
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ microwave

Directions

- ☐ Line a 900g loaf tin with a double layer of cling film. Melt the butter, chocolate and sugar in the microwave on medium for 2–3 mins or in a bowl set over a pan of simmering water over a low heat. Stir in the cinnamon, macaroons or the coconut biscuits and nuts.
- ☐ Pour the mixture into the prepared tin, smooth over the surface with a knife and cover completely with cling film. Leave in the fridge to set for at least 2 hrs. To serve, set on a plate, remove cling film and sprinkle with desiccated coconut. The cake is fairly rich, so slice into thin pieces and serve with fresh fruit or ice cream if you like.

Nutrition Facts



Properties

Glycemic Index:28.02, Glycemic Load:11.54, Inflammation Score:-8, Nutrition Score:23.80434810597%

Nutrients (% of daily need)

Calories: 848.12kcal (42.41%), Fat: 70.42g (108.34%), Saturated Fat: 43.05g (269.05%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 35.92g (13.06%), Sugar: 27.14g (30.15%), Cholesterol: 37.83mg (12.61%), Sodium: 131.47mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 53.33mg (17.78%), Protein: 9.64g (19.28%), Manganese: 2.57mg (128.73%), Copper: 1.7mg (84.83%), Magnesium: 231.63mg (57.91%), Iron: 9.52mg (52.88%), Fiber: 12.9g (51.58%), Selenium: 27.14µg (38.77%), Phosphorus: 366.07mg (36.61%), Zinc: 3.49mg (23.29%), Potassium: 741.9mg (21.2%), Vitamin B1: 0.24mg (15.99%), Vitamin E: 1.74mg (11.62%), Vitamin A: 443.14IU (8.86%), Calcium: 85.52mg (8.55%), Vitamin B3: 1.43mg (7.16%), Vitamin K: 6.2µg (5.9%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.08mg (4.81%), Vitamin B6: 0.09mg (4.58%), Vitamin B12: 0.22µg (3.58%), Folate: 10.75µg (2.69%), Vitamin C: 1.26mg (1.53%)