



Seriously rich chocolate cake

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 100 g butter diced for greasing
- ☐ 140 g chocolate dark 70% with cocoa solids, broken into pieces
- ☐ 6 large eggs separated
- ☐ 140 g almond flour
- ☐ 1 tbsp kirsch liqueur
- ☐ 1 pinch salt
- ☐ 85 g sugar
- ☐ 8 servings cocoa powder

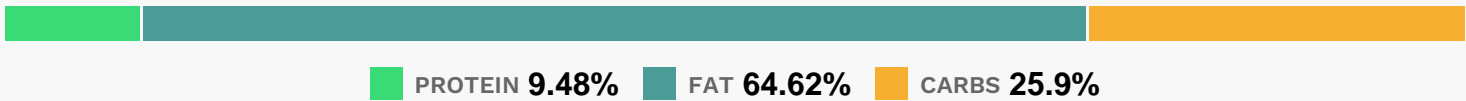
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ cake form

Directions

- ☐ Preheat the oven to 170C/Gas 3/fan oven 150C. Grease a 23cm/9in springform cake tin and line the base with greaseproof paper or baking parchment. Dust the sides with a little flour.
- ☐ Put the chocolate and butter into a heatproof bowl set over a pan of gently simmering water.
- ☐ Heat until melted, then remove the bowl from the pan and stir until smooth. Leave for about 5 minutes to cool slightly.
- ☐ Stir in the egg yolks, ground almonds, and the liqueur, if using.
- ☐ Put the egg whites into a large bowl, add a pinch of salt and whisk until soft peaks form. Continue whisking, sprinkling in the sugar a little at a time, until stiff peaks form. Stir 2 tablespoons of the whites into the chocolate mixture, then carefully fold in the remainder until no traces of white are left.
- ☐ Spoon the mixture into the prepared tin and bake for 30–35 minutes until well risen and just firm to the touch. Cool in the tin (dont worry if the cake sinks and cracks slightly it will still be fine). You can make the cake up to this stage up to four days ahead and keep it in an airtight container in a cool place. It also freezes well for up to one month.
- ☐ To serve, remove the cake from the tin and peel away the lining paper. Sift cocoa powder liberally over the top and cut into slices.
- ☐ Serve with crme frache.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:11.51, Inflammation Score:-3, Nutrition Score:6.4386956795402%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 378.37kcal (18.92%), Fat: 28.52g (43.88%), Saturated Fat: 11.81g (73.79%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 22.53g (8.19%), Sugar: 20.39g (22.65%), Cholesterol: 166.38mg (55.46%), Sodium: 141.6mg (6.16%), Alcohol: 0.63g (100%), Alcohol %: 0.81% (100%), Caffeine: 13.85mg (4.62%), Protein: 9.42g (18.84%), Selenium: 12.33µg (17.62%), Vitamin B2: 0.22mg (13.07%), Fiber: 3.19g (12.75%), Phosphorus: 110.39mg (11.04%), Iron: 1.95mg (10.82%), Vitamin A: 514.88IU (10.3%), Copper: 0.17mg (8.32%), Magnesium: 29.52mg (7.38%), Manganese: 0.14mg (6.8%), Calcium: 66.34mg (6.63%), Vitamin B5: 0.6mg (6.04%), Vitamin B12: 0.35µg (5.92%), Zinc: 0.83mg (5.52%), Vitamin D: 0.75µg (5%), Vitamin E: 0.73mg (4.87%), Folate: 18.84µg (4.71%), Vitamin B6: 0.07mg (3.64%), Potassium: 120.95mg (3.46%), Vitamin K: 2.12µg (2.01%), Vitamin B1: 0.02mg (1.33%)