



Squidgy chocolate & pomegranate torte

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



511 kcal

DESSERT

Ingredients

- ☐ 225 g butter unsalted for greasing
- ☐ 250 g chocolate dark 70% (cocoa)
- ☐ 5 large eggs
- ☐ 225 g g muscovado sugar light
- ☐ 85 g almond flour
- ☐ 50 g flour plain
- ☐ 150 ml double cream
- ☐ 100 g chocolate dark 70% roughly chopped (cocoa)

- ☐ 1 tbsp powdered sugar sifted
- ☐ 1 handful pomegranate seeds

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ spatula

Directions

- ☐ Generously grease a 23cm springform tin, then line the base with parchment.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put the butter and chocolate in a medium bowl and gently melt together, either over a pan of simmering water or in the microwave. Stir until smooth, then set aside.
- ☐ Crack the eggs into a large bowl, add the sugar, then whisk for 5–8 mins with electric hand beaters until thick, mousse-like and doubled in volume.
- ☐ Pour the chocolate mix around the edge of the bowl, then fold together using a large metal spoon until the batter is evenly brown with the odd ribbon of chocolate appearing. Dont rush this bit, its important to preserve the bubbles youve so carefully made. Sift over the almonds, flour and tsp salt, then fold in until even. Slowly pour the batter into the tin, then use a spatula to get every last bit from the bowl.
- ☐ Bake on a middle shelf for 30–35 mins, or until the cake is risen and set on top. Cool the cake in its tin on a rack. The torte may sink and crack a little, which is fine.
- ☐ For the topping, bring the cream to the boil.
- ☐ Put the chocolate in a bowl with the icing sugar, then tip the hot cream over it. Leave for a few mins, stir until smooth, then let it cool and thicken for 10 mins. Carefully remove the torte from its tin onto a plate, then spread the icing over the top, letting it drip down the sides. Leave to set for a few mins, then scatter with the pomegranate seeds and either chill for a few hours, or serve straight away.

Nutrition Facts



 **PROTEIN 5.67%**  **FAT 65.33%**  **CARBS 29%**

Properties

Glycemic Index:15.67, Glycemic Load:4.66, Inflammation Score:-6, Nutrition Score:10.371304350379%

Nutrients (% of daily need)

Calories: 510.5kcal (25.52%), Fat: 37.71g (58.02%), Saturated Fat: 20.57g (128.58%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 33.62g (12.22%), Sugar: 26.56g (29.51%), Cholesterol: 132.9mg (44.3%), Sodium: 46.22mg (2.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.33mg (7.78%), Protein: 7.37g (14.74%), Manganese: 0.62mg (30.77%), Copper: 0.55mg (27.47%), Iron: 4.45mg (24.7%), Magnesium: 72.87mg (18.22%), Fiber: 4.05g (16.18%), Vitamin A: 777.28IU (15.55%), Selenium: 10.59µg (15.12%), Phosphorus: 148.16mg (14.82%), Vitamin B2: 0.17mg (9.93%), Zinc: 1.32mg (8.78%), Potassium: 283.34mg (8.1%), Calcium: 76.84mg (7.68%), Vitamin E: 0.94mg (6.3%), Vitamin D: 0.9µg (5.99%), Vitamin B5: 0.54mg (5.37%), Vitamin B12: 0.32µg (5.32%), Folate: 18.7µg (4.68%), Vitamin K: 3.93µg (3.75%), Vitamin B1: 0.05mg (3.63%), Vitamin B6: 0.06mg (3.05%), Vitamin B3: 0.61mg (3.03%)