



## Sunken drunken chocolate cake

 Vegetarian

READY IN



70 min.

SERVINGS



14

CALORIES



248 kcal

DESSERT

### Ingredients

- ☐ 140 g prune pitted canned (Agen if you can get them)
- ☐ 4 tbsp px sherry
- ☐ 100 g butter for the tin
- ☐ 2 tbsp cocoa
- ☐ 140 g chocolate dark 70% chopped ( )
- ☐ 100 g caster sugar
- ☐ 50 g muscovado sugar light
- ☐ 4 large eggs separated

- ☐ 1 tsp vanilla extract
- ☐ 100 g ground almond
- ☐ 1 tbsp flour plain

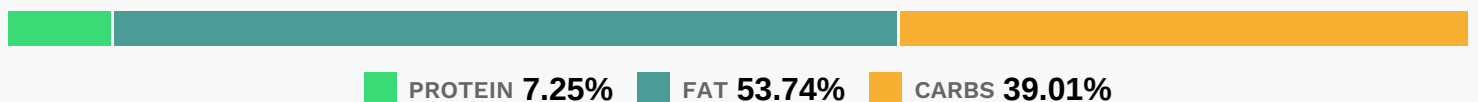
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Gently heat the prunes and Marsala over a low heat until hot.
- ☐ Remove from the heat and leave for about 1 hr or until the prunes have absorbed almost all of the liquid. Whizz the prunes and any remaining booze in a food processor until roughly chopped.
- ☐ Butter and line the base of a 20cm springform tin. Dust with cocoa, tip out any excess and reserve. Melt the butter and chocolate in a heatproof bowl set over a pan of barely simmering water. Stir in the prune mix.
- ☐ Whisk the sugars, 2 eggs and 2 egg yolks until pale, thick and doubled in volume. Fold the chocolate mixture and vanilla into the egg mixture, then sift over the ground almonds, flour and remaining cocoa. Fold until everything is combined.
- ☐ Whisk the egg whites until stiff and gently fold into the mixture. Spoon into the prepared tin and bake for 20–25 mins or until a light crust has formed. Allow to cool in the tin it will sink and crack as it cools.
- ☐ Remove from the tin and dust with cocoa before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.65, Glycemic Load:7.74, Inflammation Score:-3, Nutrition Score:5.3939130490889%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 4.06mg, Malvidin: 4.06mg, Malvidin: 4.06mg, Malvidin: 4.06mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 248.3kcal (12.42%), Fat: 15.12g (23.26%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 21.84g (7.94%), Sugar: 17.5g (19.44%), Cholesterol: 68.8mg (22.93%), Sodium: 70.07mg (3.05%), Alcohol: 0.76g (100%), Alcohol %: 1.48% (100%), Caffeine: 9.77mg (3.26%), Protein: 4.59g (9.18%), Manganese: 0.27mg (13.52%), Copper: 0.25mg (12.47%), Fiber: 2.86g (11.43%), Iron: 1.98mg (10.98%), Magnesium: 33.47mg (8.37%), Selenium: 5.57µg (7.95%), Phosphorus: 74.49mg (7.45%), Vitamin K: 7.24µg (6.9%), Vitamin A: 337.64IU (6.75%), Vitamin B2: 0.1mg (5.94%), Potassium: 187.71mg (5.36%), Zinc: 0.63mg (4.18%), Calcium: 40.79mg (4.08%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.42mg (2.79%), Vitamin B12: 0.17µg (2.79%), Vitamin B6: 0.05mg (2.57%), Folate: 8.59µg (2.15%), Vitamin D: 0.29µg (1.9%), Vitamin B3: 0.37mg (1.85%), Vitamin B1: 0.02mg (1.35%)