



Tofu Chocolate Cake

READY IN



90 min.

SERVINGS



12

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.8 cup brown sugar divided packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup chocolate liqueur
- ☐ 0.8 cup flour all-purpose
- ☐ 1.3 cups ground almonds
- ☐ 0.5 cup orange juice
- ☐ 1.5 pounds spicy tofu
- ☐ 0.5 cup cocoa powder unsweetened

☐ 0.7 cup vegetable oil

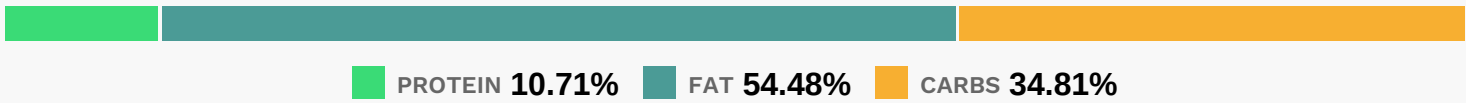
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Lightly grease a 9 inch springform pan.
- ☐ In a medium bowl, mix together the flour, ground almonds and 1 tablespoon of the brown sugar. Knead in the butter to form a dough. Press the dough firmly into the bottom of the prepared pan.
- ☐ Using a blender, combine the tofu, remaining sugar, oil, orange juice, chocolate liqueur, cocoa, and almond extract. Blend until smooth and creamy.
- ☐ Spread the batter in an even layer over the prepared crust.
- ☐ Bake for 1 hour and 15 minutes in the preheated oven. Allow cake to cool to room temperature, then refrigerate overnight. This cake must be thoroughly cold to set properly, otherwise it will be runny like a pudding.

Nutrition Facts



Properties

Glycemic Index:19.55, Glycemic Load:6.7, Inflammation Score:-4, Nutrition Score:5.4213044241719%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 334.21kcal (16.71%), Fat: 21.44g (32.99%), Saturated Fat: 7.69g (48.07%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 27.18g (9.88%), Sugar: 18.67g (20.74%), Cholesterol: 20.34mg (6.78%), Sodium: 69.14mg (3.01%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 13.05mg (4.35%), Protein: 9.48g (18.97%), Fiber: 3.65g (14.59%), Iron: 2.3mg (12.8%), Manganese: 0.24mg (11.89%), Calcium: 117.74mg (11.77%), Copper: 0.2mg (10.01%), Magnesium: 30.44mg (7.61%), Vitamin C: 5.17mg (6.26%), Vitamin K: 5.7µg (5.43%), Selenium: 3.63µg (5.19%), Vitamin A: 257.03IU (5.14%), Vitamin B1: 0.08mg (5.03%), Phosphorus: 50.05mg (5.01%), Folate: 19.18µg (4.8%), Vitamin B2: 0.07mg (4.2%), Potassium: 125.69mg (3.59%), Vitamin B3: 0.65mg (3.25%), Vitamin E: 0.45mg (2.99%), Zinc: 0.43mg (2.84%), Vitamin B6: 0.02mg (1.05%)