



Towering Flourless Chocolate Cake



Vegetarian



Popular

READY IN



85 min.

SERVINGS



10

CALORIES



638 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1 tablespoon plus light
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 6 large eggs
- ☐ 1 cup granulated sugar
- ☐ 1 pinch salt
- ☐ 2 ounces bittersweet chocolate chopped

- ☐ 0.5 cup stout beer such as Guinness
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 2.5 sticks butter unsalted plus more for the pan cut into pieces,
- ☐ 6 ounces chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

Equipment

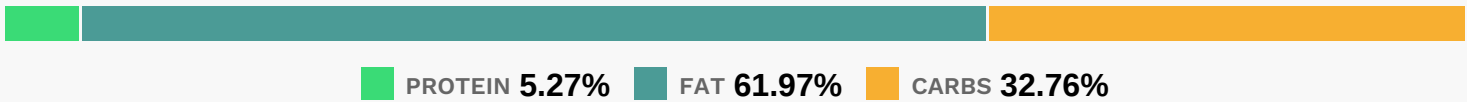
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ stand mixer
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Make the cake: Preheat the oven to 325 degrees F. Butter the bottom and sides of a 9-inch springform pan and line the bottom with parchment paper.
- ☐ Put the bittersweet and unsweetened chocolate in a heatproof bowl and set over a saucepan of simmering water (do not let the bowl touch the water). Stir until the chocolate melts, then remove the bowl from the pan.
- ☐ Put the eggs, turbinado sugar and salt in the bowl of a stand mixer. Set the bowl over the same pan of simmering water and whisk until the mixture is warm, about 2 minutes.

- ☐ Transfer the bowl to the stand mixer; beat with the whisk attachment on medium speed until tripled in volume, about 5 minutes.
- ☐ Meanwhile, bring the beer and vanilla to a low boil in a saucepan. Reduce the mixer speed to low; beat in the beer mixture, then the melted chocolate, until combined, about 2 minutes. Gradually beat in the butter until incorporated.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake until a toothpick comes out with a few crumbs, about 35 minutes. Cool in the pan on a rack 1 hour, then run a knife around the edge of the pan and remove the ring.
- ☐ Let cool completely.
- ☐ Make the meringue: Microwave the chocolate, butter and corn syrup in a microwave-safe bowl in 30-second intervals, stirring, until the chocolate melts.
- ☐ Whisk the granulated sugar, egg whites, cream of tartar, salt and 1/3 cup water in a heatproof bowl.
- ☐ Put the bowl over a saucepan of simmering water; beat with a handheld mixer on low speed, then gradually increase the speed to high and beat until soft peaks form, about 5 minutes.
- ☐ Remove the bowl from the pan; continue beating until the meringue is cool and fluffy. Fold in the vanilla, then fold in the melted chocolate until swirled.
- ☐ Spread the meringue on the cake.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:14.28, Inflammation Score:-7, Nutrition Score:13.916086777397%

Flavonoids

Catechin: 10.94mg, Catechin: 10.94mg, Catechin: 10.94mg, Catechin: 10.94mg Epicatechin: 24.12mg, Epicatechin: 24.12mg, Epicatechin: 24.12mg, Epicatechin: 24.12mg

Nutrients (% of daily need)

Calories: 637.98kcal (31.9%), Fat: 45.71g (70.32%), Saturated Fat: 27.39g (171.18%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 49.73g (18.08%), Sugar: 45.36g (50.4%), Cholesterol: 179.72mg (59.91%), Sodium: 74.84mg (3.25%), Alcohol: 0.41g (100%), Alcohol %: 0.33% (100%), Caffeine: 33.11mg (11.04%), Protein: 8.74g (17.49%),

Manganese: 1.03mg (51.53%), Copper: 0.87mg (43.28%), Iron: 5mg (27.79%), Magnesium: 101.32mg (25.33%), Selenium: 14.92µg (21.31%), Phosphorus: 195.57mg (19.56%), Vitamin A: 949.28IU (18.99%), Fiber: 4.64g (18.55%), Zinc: 2.67mg (17.83%), Vitamin B2: 0.22mg (13.19%), Potassium: 353.69mg (10.11%), Vitamin E: 1.24mg (8.25%), Vitamin D: 1.07µg (7.11%), Vitamin B12: 0.37µg (6.16%), Vitamin B5: 0.61mg (6.1%), Calcium: 58.61mg (5.86%), Vitamin K: 5.55µg (5.28%), Folate: 20.19µg (5.05%), Vitamin B6: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.18%), Vitamin B3: 0.47mg (2.36%)