



Triple-Chocolate Cake

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons plus
- ☐ 4 eggs separated
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 0.3 cup vanilla extract white
- ☐ 1.5 cups semi chocolate chips
- ☐ 1 teaspoon shortening
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 325°F. Grease 9-inch round cake pan. In 2-quart heavy saucepan, melt 1 cup of the chocolate chips and 1/2 cup butter over low heat, stirring constantly; cool 5 minutes. Stir in flour until smooth. Stir in egg yolks until well blended.
- ☐ In large bowl, beat egg whites with electric mixer on high speed until foamy. Beat in sugar, 1 tablespoon at a time, until soft peaks form. Fold chocolate mixture into egg whites.
- ☐ Spread in pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean (top will appear dry and cracked). Cool 10 minutes. Run knife around edge of pan to loosen; remove cake from pan to cooling rack. Cool completely, about 1 hour.
- ☐ Place cake on serving plate.
- ☐ In 1-quart saucepan, heat remaining 1/2 cup chocolate chips, 2 tablespoons butter and the corn syrup over low heat, stirring constantly, until chocolate chips are melted.
- ☐ Spread over top of cake, allowing some to drizzle down side.
- ☐ In 1-quart saucepan, melt glaze ingredients over low heat, stirring constantly.
- ☐ Drizzle over top of cake.

Nutrition Facts



 PROTEIN **6.39%**  FAT **47.07%**  CARBS **46.54%**

Properties

Glycemic Index:13.67, Glycemic Load:9.23, Inflammation Score:-3, Nutrition Score:5.6699999834046%

Nutrients (% of daily need)

Calories: 245.55kcal (12.28%), Fat: 12.39g (19.06%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 25.62g (9.32%), Sugar: 20.01g (22.23%), Cholesterol: 55.91mg (18.64%), Sodium: 47.95mg (2.08%), Alcohol: 1.49g (100%), Alcohol %: 3.07% (100%), Caffeine: 19.35mg (6.45%), Protein: 3.79g (7.57%), Manganese: 0.35mg (17.4%), Copper: 0.3mg (15.13%), Selenium: 8.23µg (11.76%), Magnesium: 43.13mg (10.78%), Iron: 1.93mg (10.72%), Phosphorus: 93.96mg (9.4%), Fiber: 1.94g (7.76%), Vitamin B2: 0.11mg (6.49%), Zinc: 0.84mg (5.62%), Potassium: 160.98mg (4.6%), Folate: 16.45µg (4.11%), Vitamin B1: 0.06mg (3.79%), Vitamin A: 173.91IU (3.48%), Vitamin B5: 0.32mg (3.21%), Vitamin B12: 0.17µg (2.89%), Vitamin B3: 0.53mg (2.63%), Vitamin E: 0.39mg (2.58%), Calcium: 24.69mg (2.47%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.9µg (1.81%), Vitamin B6: 0.04mg (1.81%)