

Flourless Almond Chocolate Cake



Flourless Almond Chocolate Cake Yield: 12 servings

Prep Time: 30 minutes. Total Time: 60 minutes.

Ingredients

- 3 tablespoons unsweetened cocoa powder
- ½ cup blanched almonds
- 2 tablespoons sugar
- ¾ cup sugar
- 3 ounces bittersweet chocolate, chopped
- ½ cup reduced fat sour cream
- 2 large egg yolks, room temp
- 1 tablespoon tub butter (like Smart Balance)
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract (optional)
- 2 large egg whites
- 1 tablespoon toasted, slivered almonds (optional garnish)

Preparations

1. Preheat the oven to 350°F. Coat a 9" springform pan with non stick spray. Dust with 1 tablespoon of the cocoa.
2. In a food processor, combine the blanched almonds and 2 tablespoons of the sugar. Pulse until finely ground.
3. Melt the chocolate in a bowl and allow to cool slightly. Stir into the chocolate, ground almonds, sour cream, egg yolks, butter, vanilla, almond extract (if using), 1/2 cup of remaining sugar, and the remaining 2 tablespoons cocoa.
4. Place the egg whites in a clean, large bowl. Using an electric mixer on high speed, beat until soft peaks form. Gradually beat in the remaining 1/4 cup sugar until stiff, glossy peaks form.
5. Gently stir part of the egg whites into the chocolate mixture. Fold in the remaining egg whites until no white streaks remain. Pour the mixture into the pan and smooth the top.
6. Bake for 30 minutes, or until a wooden pick inserted in the center comes out with just a few moist crumbs.
7. Cool on a rack. Remove the pan sides and sprinkle with the toasted almonds (if using).

Nutrition Facts

Serving size: 1/12 of the cake

Amount Per Serving

Calories 182

Total Fat 10.4g

Saturated fat 4g

Cholesterol 32mg

Sodium 33mg

Total Carbohydrate 20g

Dietary Fiber 2.3g

Protein 4.7g

Carbohydrate Serving 1

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