

Flourless Chocolate Hazelnut Cake

This cake is built around rich and nutty tasting ingredients that melt in your mouth. Empty-calorie, high GI white flour is replaced by fiber-rich, vitamin-and mineral-dense ground hazelnuts. The lasting mouth feel is the result of the primarily unsaturated fat in the nuts.



This cake stands proudly on its own - no frosting or ice cream can add to its most satisfying taste. If you must, try just a slight dusting of powdered sugar on the top of the cake.

Makes 12 servings.

Ingredients

3 ½ cups ground roasted hazelnuts (approx. 13 oz)
1 ½ cups sugar
2 tbsp vanilla
¾ cup unsweetened cocoa (approx. 2 ½ oz)
12 egg whites

Directions

Preheat oven to 350 degrees F. Coat springform pan with vegetable spray.

Mix hazelnuts, sugar, vanilla and cocoa in a medium sized bowl. Beat egg whites until stiff and dry. Gently fold them into the chocolate nut mixture.

Pour batter into greased pan. Bake 40-50 minutes or until inserted toothpick comes out clean. Allow to cool before serving.

Nutritional Information

Calories: 334
Carbohydrates: 34 g
Protein: 9 g
Fat: 20 g
Saturated Fat: 2 g
Cholesterol: 0 mg
Fiber: 5 g

GI Value: 54 - low