



WESTERN WISCONSIN HEALTH

FLOURLESS CHOCOLATE CAKE (GLUTEN FREE)

- 4 oz. bittersweet chocolate (NOT unsalted)
- 1 stick unsalted butter 3/4 C. sugar
- 3 large eggs
- 1/2 C. cocoa
- Powdered sugar and fresh raspberries, optional

Nutrition Facts	
Serving Size (44g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Use 8" round pan, butter it well and cut a circle of wax paper to place in the bottom of the pan to help when inverting onto cooling rack. Place chocolate pieces and butter in a double boiler until melted. Add eggs, one at a time, slowly, and whisk well. Add 3/4 cup of sugar and whisk well. Add 1/2 cup of cocoa into mixture and whisk again. Pour into buttered pan and bake at 375°. Bake on middle rack for 25 minutes. Cool 5 minutes and invert on cooling rack. Sprinkle a light coating of powdered sugar over top and serve with fresh raspberries, if desired.

NUTRITION FACTS: Serving size: 1/6 of cake per serving, 6 servings