



COOKING DEMONSTRATION
CHOCOLATE CAKE
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DIRECTIONS



- Pre-heat oven to 350 degrees F
- Butter a 8-inch square or 9-inch circle pan
- Place chocolate and butter into the top of a double boiler
- Heat over about 1 inch of simmering water until melted





DIRECTIONS



- Whisk the egg yolks with Swerve in a mixing bowl until light yellow in color
- Whisk a little of chocolate mixture into the egg yolk mixture to temper the eggs
 - Meaning: to raise the temperature of an egg gradually, essentially cooking it without scrambling it
- Whisk in the remaining chocolate mixture

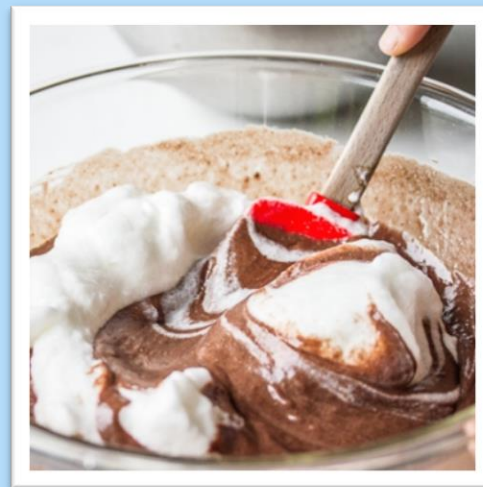




DIRECTIONS



- Beat egg whites in a mixing bowl until stiff peaks form
- Fold into the chocolate mixture





DIRECTIONS



- Pour into the prepared pan and bake until the cake is set
- The top starts to crack and a toothpick inserted into the cake comes out with moist crumbs clinging to it, 15 to 23 minutes
- Let stand for 10 minutes; cut into 32 slices





DIRECTIONS



- Whip heaving cream using a mixer or a whisk
 - May use couple drops of flavored extract, such as almond or mint
- Top each slice with 2 tablespoons of whipped cream





NUTRITION FACTS

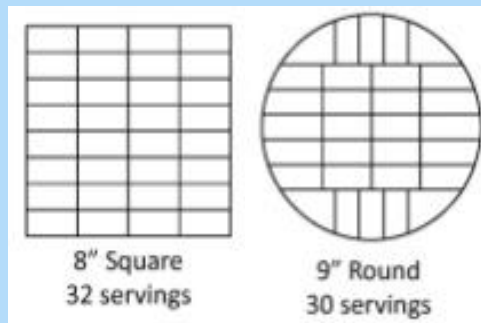


Entire Cake

- Calories: 4075
- Fat: 378.2g
- Protein: 89.0g
- Net CHO: 280.4g
- Fiber: 36.0g
- Ratio: 1.1:1

32 Servings

- Calories: 127.3
- Fat: 11.8g
- Protein: 2.8g
- Net CHO: 8.8g
- Fiber: 1.1g
- Ratio: 1.1:1





NUTRITION FACTS



Entire Cake

- Calories: 4075
- Fat: 378.2g
- Protein: 89.0g
- Net CHO: 189.2g
- Fiber: 36.0g
- Ratio: 1.4:1

32 Servings

- Calories: 127.3
- Fat: 11.8g
- Protein: 2.8g
- Net CHO: 5.9g
- Fiber: 1.1g
- Ratio: 1.4:1

