AMERICAN · DESSERT

Flourless Chocolate Cake with Ganache Glaze (Dairy-Free)

50 min · plus cooling and 20 minutes setting · Makes 12 × 1 slice (1/12 cake) · 206 kcal a portion

Video 9:26 · All Day I Dream About Food

Vegetarian · Gluten-free ingredients · No dairy listed · No nuts listed

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Made from unsweetened chocolate, cocoa, eggs and coconut instead of flour and sugar: a rich, dairy-free slice with about 3 g net carbs and 3.5 g fibre.

Diet notes: Keto (3.2 g net carbs a serve).

Ingredients

15 · MAKES 12 × 1 SLICE (1/12 CAKE)

- [ ] a little **avocado oil spray**, for the pan
- [ ] 113 g **unsweetened chocolate**, chopped
- [ ] 73 g **coconut oil**
- [ ] 136 g **granulated Swerve**
- [ ] 1 tsp **vanilla extract**
- [ ] 1 tsp **espresso powder** (optional)
- [ ] 1/4 tsp **salt**
- [ ] 3 large **eggs**, at room temperature
- [ ] 60 g **coconut cream** (the thick top of canned full-fat coconut milk)
- [ ] 43 g **cocoa powder** (Dutch-processed)
- [ ] 80 g **coconut cream**, for the glaze
- [ ] 42 g **unsweetened chocolate**, chopped, for the glaze
- [ ] 3 tbsp **powdered Swerve**, for the glaze
- [ ] 1 tbsp **allulose** (or more powdered Swerve), for the glaze
- [ ] 1/2 tsp **vanilla extract**, for the glaze

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C. Grease an 20 cm round cake pan, line the base with baking paper and grease the paper. 1:47
2. Melt the chopped chocolate and coconut oil in a large heatproof bowl over barely simmering water, stirring often. Take the pan off the heat but leave the bowl over the warm water. 2:15
3. Stir in the Swerve, vanilla, espresso powder and salt. Add the eggs and, as the mixture thickens, quickly add the coconut cream; whisk until smooth. Whisk in the cocoa powder until no lumps remain. 2:55
4. Spread in the pan and bake 15–20 minutes, until the edges are set and the centre is barely firm. Don't overbake. Cool 30 minutes, then turn out onto a plate and peel off the paper. 4:49
5. For the glaze, bring the coconut cream to a simmer, take off the heat, add the chopped chocolate and leave 5 minutes. Whisk in the powdered Swerve, allulose and vanilla until smooth. 6:06
6. Let the glaze thicken a few minutes, pour it over the cake and spread with a spatula. Refrigerate 20 minutes to set, then slice with a warm knife. 7:10

> **Tip** For a dairy version, use melted butter instead of coconut oil and heavy cream instead of coconut cream. Keeps 3 days covered or a week in the fridge. A few fresh berries go well on the side.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/12 cake), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
206 kcal	4.6 g	6.8 g	3.6 g	19 g	70 mg
860 kJ	9% of a day	3.2 g net · 0.8 g sugars	13% of a day	14 g saturated	3% of a day
		2% of a day		24% of a day	

Energy from net carbs 6% · protein 9% · fat 85% — fits keto: 3.2 g net carbs, 85% of the energy from fat

Source of (10–19%) Iron 18% · Magnesium 16% · Zinc 16% · Selenium 11%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=VchAgZc3I5A, published 15 November 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dairy-free-flourless-chocolate-cake-glaze