

Flourless Chocolate Cake



FLOURLESS CHOCOLATE CAKE

7 Freestyle Points | 136 Calories

YIELD: 8 SERVINGS

COURSE: Dessert

CUISINE: American

This EASY 5-ingredient Flourless Chocolate Cake is only 136 calories. So delicious when you want a low-calorie, low-point, gluten-free chocolate dessert that won't set you back, and it's ready in less than 30 minutes!

INGREDIENTS

- cooking spray
- 6 oz 60% Ghirardelli Chocolate
- 1/4 cup pumpkin puree
- 1 1/2 tbsp pure maple syrup
- 1 tsp vanilla extract
- 1 whole egg
- 3 egg whites
- 1/8 tsp kosher salt



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INSTRUCTIONS

1. Preheat oven to 350°F. Spray 8 (4 oz) ramekins with cooking spray. Place on a large baking tray.
2. Melt chocolate in medium microwaveable bowl for 45 second intervals, mixing until melted and set aside to cool a few minutes.
3. Add the pumpkin puree to the melted chocolate along with vanilla, 1 whole egg, and maple syrup; mix well.
4. In a separate bowl, with a hand mixer beat the egg whites until soft peaks form.
5. Fold the egg whites into the chocolate mixture, add salt.
6. Spoon 1/4 cup mixture into ramekins and bake about 15 minutes, until the cakes rise. Serve right away.



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Es gibt viele Gründe, nicht zur Brustkrebsvorsorge zu gehen. Und einen guten, es zu tun.

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