

This moist mouth-watering Keto Chocolate Almond Cake (Torta Caprese) is a chocoholic's dream. Moist chocolate cake covered with chocolate-butter icing and decorated almonds, it is an excellent dessert for any dinner party or any celebration.

Servings - 16

Prep Time - 20 Mins | Cook Time - 30 Mins | Total Time - 50 Mins

Difficulty - Easy



Cuisine - Italian

RECIPE

KETO CHOCOLATE ALMOND CAKE

EQUIPMENT

[Cup and Spoon Measures](#)

[2 x 8 inch Baking Tins](#)

[Non Stick Large Saucepan](#)

[Bain Marie Pan](#)

[Mixing Bowls](#)

[Spatula](#)

[Wooden Spoon](#)

[Egg Separator](#)

[Balloon Whisk](#)

[Cooking Spoon with Soft Grip Handle](#)

[Cake Decorating Icing Spatula](#)

[Glass Cake Stand Dome](#)

[Cake Knife and Pie Server](#)

INGREDIENTS

1/2 Tbsp butter softened

Cake

[2 Tbsp FHALL Low Carb Gluten-Free White Flour](#)

125 g plus 1 tsp Unsalted Butter, softened

[125 g Baker's Unsweetened Baking Chocolate](#)

[1/4 Cup Double/Heavy Cream](#)

[180 g Monk-Fruit/Erythritol blend sweetener](#)

3 Large eggs, separated

[125 g Almonds, blanched and ground](#)

[1/2 Tbsp Baking Powder](#)

[1/8 Tsp Himalayan Salt \(Ground\)](#)

Icing

[125 g Baker's Unsweetened Baking Chocolate](#)

[40 g Monk-Fruit/Erythritol blend sweetener](#)

[1 Tbsp Rum](#)

Note: You can replace the Rum with 1 Tbsp prepared coffee.

50 g Unsalted butter

[2 Tbsp Double/Heavy Cream](#)

[1 Tsp Coconut Oil](#)

[60 g Almonds, Chopped](#)

METHOD

Preheat the oven to moderate 350 F/180 C or Fan 160 C/Gas Mark 4.

Cake

Grease a round 8-inch baking tin with 1/2 tbsp of the butter. Sprinkle 1 tbsp FHALL flour into the container and tip and rotate the tin to distribute the flour evenly. Shake to release excess flour and aside.

Half-fill a large saucepan or the bottom of a double saucepan with water and bring to a boil over high heat. Place a bowl or the top of the double saucepan over the boiling water, and melt chocolate in the rum or coffee, stirring occasionally. As soon as the chocolate is melted, remove the pan or bowl from the heat.

Put the remaining softened butter and 120 g of the sweetener in a medium-sized mixing bowl. Cream the butter and sweetener together with a wooden spoon until the mixture becomes light and creamy.

Beat in the egg yolks and beat until the mixture is smooth.

Put the egg whites and salt in another bowl and beat them together with a balloon whisk until they form soft peaks. Add the remaining sweetener and beat until the whites are stiff.

With a metal spoon, mix the melted chocolate into the egg yolk mixture. When thoroughly blended, stir in the ground almonds, baking powder and the almond essence.

Gently fold in half of the beaten egg whites. When the mixture is almost blended, and folding continuously, add the rest of the egg whites. Finally, fold in the remaining 1 Tbsp flour.

Pour mixture into the Bundt tin and bake in the oven for 30 minutes or until a skewer inserted into the center comes out clean.

Remove the cake from the oven and leave it to stand for 15 minutes. Run a knife around the edge of the tin and turn the cake onto a wire to cool for 2 hours.

Icing

Half-fill a large saucepan or the bottom part of a double saucepan with water and bring to a boil over high heat. Place a bowl or the top part of the double saucepan over the water and melt the chocolate and sweetener in the rum or coffee, stirring occasionally.

As soon as the chocolate is melted, remove the bowl or pan from the heat. With a wooden spoon, gradually beat in the butter and coconut oil. Place the saucepan over a bowl of iced water and beat until the icing is cool and has thickened to spreading consistency. Cover the cake with the icing, smoothing it evenly with a knife.

Place on a serving plate and decorate the top of the cake with the almonds.

SERVING SUGGESTIONS

The cake is best served slightly warm, as a dessert, but can be eaten cold. Try it with [Keto Rich Vanilla Ice Cream](#). The combination is delectable.

STORAGE

The cake is very moist and can be stored in an airtight container in a cool place for 2 to 3 days, or in the fridge for up to 5 days. In warm climates it is better to store the cake in the fridge.

NUTRITION FACTS

Per serving : 66 g | Calories 253 | Protein 4.9 g | Fat 23.9 g | Carbs 6.2 g | Fiber 2.8 g

Net Carbs : 3.4 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

For more delicious recipes visit the recipe section of our website at:

<https://www.forhealthandlonglife.com/recipes>