

# Keto & Paleo Chocolate Cake

Hands-on 15 minutes Overall 1 hour

**Nutritional values (per slice):** Total carbs: 9.2 g, Fiber: 3.5 g, **Net carbs: 5.7 g**, Protein: 5.8 g,

Fat: 29.3 g, Calories: 311 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 12 slices)

### Chocolate cake:

5 ounces bittersweet or semi-sweet chocolate (142 g) - *nutrition*

*facts counted with 85% dark chocolate*

3 ounces unsweetened chocolate (85 g)

1/2 cup (1 stick) unsalted butter, softened (113 g/ 4 oz) OR virgin coconut oil (*this alternative wasn't tested*)

5 large eggs, separated, at room temperature

1/3 cup Erythritol and 1/3 cup powdered stevia or just use 2/3 cup Erythritol, OR 2/3 cup date or maple sugar ground super fine, or use organic cane sugar (*not suitable for keto*)

1 1/2 tsp vanilla extract

*Optional:* 1 1/2 tbsp instant coffee

Pinch of salt

### Chocolate frosting:

1/2 cup chocolate or cacao powder (43 g/ 1.5 oz)

6-7 heaping tbsp coconut oil (120 g/ 4.2 oz)

3 tbsp lucuma powder (15 g/ 0.5 oz)

Sweetener options: use stevia to taste for keto, OR coconut sugar, maple sugar (*not suitable for keto*)

*Optional:* whipped coconut cream and berries

## Instructions

- Preheat oven to 175 °C/ 350 °F degrees. Butter sides and bottom of a 10-inch spring form pan, or multiple mini spring formed pans. Line the bottom(s) with a round cut-out of parchment or wax paper, then butter the paper. Set aside.
- For the cake, melt the chocolates and butter together in a saucepan set over low heat, stirring to blend well. Add sugar and stir until sugar is JUST melted/blended. Set aside to cool (must get cool).
- Beat the egg whites with the salt until stiff. Gently fold the chocolate mixture into the yolks. Fold in one third of the egg whites (no more). Fold in remaining whites until no streaks of white remain.
- Pour batter into the prepared pan and bake large pan in the center of the oven for 35–45 minutes, or until a cake tester inserted in the center comes out clean. Keep an eye on the mini ones and place them in the oven two at a time or spaced well in a large oven rack. The cake will rise a great during baking and reduce in cooling, creating a dense rich cake.
- Cool cake in pan for at least 10 minutes, and then remove sides of the pan. Invert the cake onto a rack and remove the bottom, but do not remove the parchment.
- Let cake cool completely; it will fall (reduce in height) considerably. Remove parchment before frosting.
- Mix all frosting ingredients. *Note: Add 1 tablespoon coconut sugar or maple sugar for those with a sweet tooth. For a NO CARBOHYDRATE sweetener option: simply add 2-4 drops stevia glycerine and see if that does it for you. Add 1 drop at a time to taste!*
- Serve with fresh berries or complement it with a side of my coconut whipped cream. Enjoy!

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