

## Beet Bundt Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



246 kcal

DESSERT

### Ingredients

- ☐ 9 g double-acting baking powder for aluminum-free (look )
- ☐ 450 g puréed beets red boiled steamed cooked ( or ) ( 3 medium-size beets)
- ☐ 120 ml canola oil
- ☐ 340 g brown sugar dark packed
- ☐ 250 g flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 90 g nondairy semisweet chocolate chips melted
- ☐ 5 ml vanilla extract

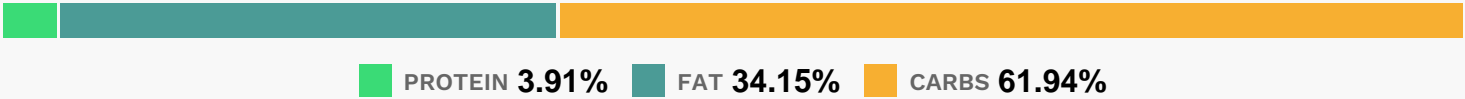
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ kugelhupf pan

## Directions

- ☐ Preheat oven to 375°F (190°C, or gas mark 5), and lightly oil a Bundt pan.
- ☐ In a mixing bowl, cream together oil and brown sugar.
- ☐ Add beets, melted chocolate chips, and vanilla, and mix well.
- ☐ In a separate bowl, combine flour, baking powder, and salt.
- ☐ Add to wet beet mixture, and stir until just combined.
- ☐ Pour into prepared Bundt pan, and bake for 45 minutes, or until a toothpick inserted near the center comes out clean.
- ☐ Cool in pan for 10 minutes before removing to a wire rack. Cool completely. Before serving, dust with confectioners' sugar and top with blueberries, if desired.
- ☐ Compassionate Cooks' Tip
- ☐ Reserve 1/4 cup (55 g) of the puréed beets (or purée a fourth beet) to create a red/pink frosting or ganache, using confectioners' sugar and nondairy butter such as Earth Balance. For a ganache, use the water in which you cooked the beets to thin out the topping. For frosting, fluff up using a hand mixer.
- ☐ The Vegan Table
- ☐ From The Vegan Table: 200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion by Colleen Patrick-Goudreau. Text copyright © 2009 by Colleen Patrick-Goudreau. Food photography by Glenn Scott Photography. Used by permission of Fair Wind Press.

# Nutrition Facts



## Properties

Glycemic Index:14.44, Glycemic Load:9.99, Inflammation Score:-2, Nutrition Score:5.3469565342302%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 246.15kcal (12.31%), Fat: 9.46g (14.55%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 36.94g (13.43%), Sugar: 24.66g (27.4%), Cholesterol: 0.34mg (0.11%), Sodium: 124.75mg (5.42%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.84mg (1.61%), Protein: 2.44g (4.87%), Folate: 59.46µg (14.87%), Manganese: 0.29mg (14.4%), Selenium: 6.22µg (8.89%), Vitamin B1: 0.13mg (8.88%), Vitamin E: 1.3mg (8.64%), Iron: 1.52mg (8.44%), Fiber: 1.66g (6.64%), Copper: 0.12mg (6.2%), Calcium: 61.07mg (6.11%), Phosphorus: 55.94mg (5.59%), Magnesium: 21.9mg (5.48%), Vitamin B3: 1.09mg (5.44%), Vitamin B2: 0.09mg (5.38%), Vitamin K: 5.57µg (5.31%), Potassium: 168.81mg (4.82%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.04mg (1.82%), Vitamin C: 1.38mg (1.67%), Vitamin B5: 0.16mg (1.57%)