



Beetroot & chocolate cake



Vegetarian



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 1 large beetroot cooked roughly chopped
- ☐ 200 g flour plain
- ☐ 100 g cocoa powder
- ☐ 1 tbsp double-acting baking powder
- ☐ 250 g golden caster sugar
- ☐ 3 eggs
- ☐ 2 tsp vanilla extract
- ☐ 200 ml unrefined sunflower oil

- ☐ 100 g chocolate dark chopped (not too bitter)
- ☐ 8 servings clotted cream

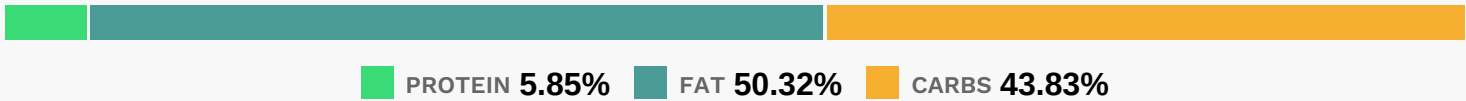
Equipment

- ☐ food processor
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Tip the beetroot into a food processor and blitz until chopped.
- ☐ Add a pinch of salt and the rest of the ingredients, except the oil and chocolate. When completely mixed (you may need to scrape the sides down once or twice), add the oil in a steady stream, as if you were making mayonnaise.
- ☐ When all the oil has been added, stir in the chocolate, then tip the mix into a lined 900g loaf tin. Cook for 1 hr until an inserted skewer comes out practically clean. leave the loaf to cool on a rack.
- ☐ Serve in slices with the crme frache or clotted cream.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:16.66, Inflammation Score:-7, Nutrition Score:18.577391106149%

Flavonoids

Catechin: 8.1mg, Catechin: 8.1mg, Catechin: 8.1mg, Catechin: 8.1mg Epicatechin: 24.55mg, Epicatechin: 24.55mg, Epicatechin: 24.55mg, Epicatechin: 24.55mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 582.43kcal (29.12%), Fat: 34.28g (52.73%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 67.18g (22.39%), Net Carbohydrates: 59.56g (21.66%), Sugar: 36.5g (40.55%), Cholesterol: 68.83mg (22.94%), Sodium: 227.14mg

(9.88%), Alcohol: 0.36g (100%), Alcohol %: 0.27% (100%), Caffeine: 38.75mg (12.92%), Protein: 8.96g (17.93%), Vitamin E: 9.8mg (65.31%), Manganese: 1.03mg (51.7%), Copper: 0.79mg (39.28%), Fiber: 7.62g (30.47%), Iron: 5.34mg (29.68%), Magnesium: 110.72mg (27.68%), Phosphorus: 246.82mg (24.68%), Selenium: 17.24µg (24.63%), Folate: 95.6µg (23.9%), Calcium: 169.87mg (16.99%), Vitamin B2: 0.27mg (16.09%), Vitamin B1: 0.23mg (15.33%), Potassium: 497.81mg (14.22%), Zinc: 1.82mg (12.15%), Vitamin B3: 2.06mg (10.28%), Vitamin B5: 0.58mg (5.81%), Vitamin B6: 0.1mg (4.97%), Vitamin A: 179.96IU (3.6%), Vitamin B12: 0.21µg (3.45%), Vitamin K: 2.84µg (2.71%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.77mg (2.15%)