



Brownie Cake gluten free, dairy free

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



775 kcal

DESSERT

Ingredients

- 7 ounces country crock buttery spread cooled melted
- 5 large eggs room temperature
- 2 cups granulated sugar
- 0.5 cup chocolate dark red 72% chopped (Trader Joe's Pound Plus, the wrapper)
- 1 teaspoon vanilla paste pure (I use Nielsen Massey)
- 1 teaspoon espresso powder (Medaglia D'Oro)
- 0.5 cup flour blend gluten free white (2 Tablespoons each: Brown Rice Flour, Rice Flour & Tapioca Starch)
- 0.8 cup cocoa powder

- 6 servings coconut oil for greasing the baking dish

Equipment

- bowl
- oven
- baking pan
- hand mixer
- roasting pan
- kitchen towels

Directions

- Preheat the oven to 325 degrees F.
- Lightly spread coconut oil in an oval baking dish (9x12x2 inch deep).
- Measure out the flour and cocoa powder and sift into a bowl, set aside.
- In the bowl of an electric mixer, (or using a hand mixer) with the paddle attachment, beat the eggs and sugar on medium-high for about 5 minutes, until it looks very thick and pale yellow – like a cake batter.
- When the egg and sugar mixture looks ready, lower the speed to low, add the vanilla and espresso powder.
- Slowly add the flour and cocoa powder mixture (I like to put a dish towel over the mixture so I don't have cocoa dust everywhere).
- Mix just until combined.
- Add the margarine and mix for another 10 seconds until combined.
- Pour the brownie mixture into the greased dish.
- Place dish into an even bigger roasting pan, then slowly add very hot tap water (you do not want any water to splatter into the brownie dish) around the roasting pan filling it about halfway up the side of brownie dish.
- Bake for 65 minutes exactly.
- Allow it to cool for 20 minutes before serving. It will appear like a cake on the outside with a pudding like texture inside.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:47.74, Inflammation Score:-8, Nutrition Score:15.577826086957%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Taste

Sweetness: 100%, Saltiness: 21.48%, Sourness: 4.64%, Bitterness: 11.79%, Savoriness: 12.58%, Fattiness: 67.8%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 774.65kcal (38.73%), Fat: 47.46g (73.01%), Saturated Fat: 22.81g (142.58%), Carbohydrates: 87.66g (29.22%), Net Carbohydrates: 81.07g (29.48%), Sugar: 71.21g (79.13%), Cholesterol: 155.44mg (51.81%), Sodium: 278.73mg (12.12%), Caffeine: 41.63mg (13.88%), Protein: 9.58g (19.16%), Vitamin E: 6.95mg (46.31%), Manganese: 0.71mg (35.69%), Copper: 0.7mg (34.99%), Vitamin A: 1493.8IU (29.88%), Fiber: 6.59g (26.35%), Iron: 4.37mg (24.27%), Magnesium: 92.44mg (23.11%), Selenium: 15.74µg (22.49%), Phosphorus: 208.15mg (20.81%), Vitamin K: 19.9µg (18.95%), Vitamin B2: 0.24mg (14.15%), Zinc: 1.76mg (11.75%), Potassium: 341.67mg (9.76%), Vitamin B5: 0.73mg (7.27%), Vitamin B12: 0.41µg (6.86%), Folate: 23.02µg (5.76%), Vitamin D: 0.83µg (5.56%), Calcium: 55.44mg (5.54%), Vitamin B6: 0.09mg (4.46%), Vitamin B3: 0.47mg (2.33%), Vitamin B1: 0.03mg (2%)