



## Chocolate Beet Cake



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



356 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 3 large eggs
- ☐ 1.8 cup flour all-purpose (I used 7.7 oz)
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 oz chocolate unsweetened melted
- ☐ 1 teaspoons vanilla extract
- ☐ 1 cup vegetable oil

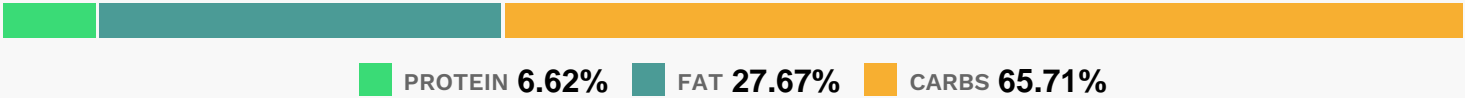
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ skewers

## Directions

- ☐ Preheat oven to 350 degrees. Spray a 13×9 inch metal baking pan with flour added cooking spray or grease using your preferred method.Sift together flour, baking soda and salt; set aside.Beat sugar and eggs together for 1 ½ minutes using high speed of electric mixer. Beat in oil and vanilla; when well mixed, beat in the melted chocolate and beets.
- ☐ Add the flour mixture to the egg mixture and stir until well mixed. The batter might seem a little lumpy from the beet puree, but that’s okay.
- ☐ Pour the batter into the pan and bake on center rack of oven for 25 minutes or until cake tests done. To test for doneness, insert a wooden pick or skewer in center. It should come out clean or with a moist crumb or two. The cake might seem almost too moist, but it firms up as it cools and mellows out.
- ☐ Let cool completely. If you have the time, let sit over night and serve the next day.

## Nutrition Facts



## Properties

Glycemic Index:18.14, Glycemic Load:41.27, Inflammation Score:-4, Nutrition Score:8.5721739686054%

## Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

## Nutrients (% of daily need)

Calories: 355.84kcal (17.79%), Fat: 11.33g (17.43%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 60.53g (20.18%), Net Carbohydrates: 58.61g (21.31%), Sugar: 37.7g (41.88%), Cholesterol: 69.75mg (23.25%), Sodium: 379.84mg (16.51%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 5.67mg (1.89%), Protein: 6.1g (12.2%), Manganese: 0.49mg (24.5%), Selenium: 15.83µg (22.61%), Iron: 2.85mg (15.84%), Vitamin B1: 0.23mg (15.51%), Folate: 60.84µg (15.21%), Copper: 0.29mg (14.26%), Vitamin B2: 0.24mg (13.85%), Vitamin K: 10.85µg (10.33%), Phosphorus: 95.04mg (9.5%), Vitamin B3: 1.73mg (8.63%), Magnesium: 31.51mg (7.88%), Fiber: 1.91g (7.66%), Zinc: 1.12mg (7.47%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.42mg (4.19%), Potassium: 115.48mg (3.3%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Vitamin B6: 0.05mg (2.3%), Calcium: 22.28mg (2.23%), Vitamin A: 101.25IU (2.03%)