



Chocolate-Blueberry Cake

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- 8 servings agave nectar to taste
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 teaspoon balsamic vinegar
- 1 cup blueberries (for serving)
- 0.5 cup maple syrup
- 1 teaspoon flaxseeds
- 0.3 teaspoon salt

- 6 tablespoons cocoa powder unsweetened
- 0.8 cup water
- 1.3 cup flour whole wheat white (preferred)

Equipment

- oven
- toothpicks
- cake form

Directions

- Add the syrup and the blueberry mixture. Stir until completely mixed.
- Pour into an oiled 9-inch round cake pan.
- Bake 30 minutes or until a toothpick inserted in center comes out clean. Cool completely before inverting onto serving platter.
- Serve with blueberries on top, drizzled with additional syrup or agave. (I recommend agave for drizzling.)

Nutrition Facts



PROTEIN 6.42% **FAT 4.76%** **CARBS 88.82%**

Properties

Glycemic Index:33.19, Glycemic Load:8.43, Inflammation Score:-2, Nutrition Score:5.933913083828%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 7.48mg, Epicatechin: 7.48mg, Epicatechin: 7.48mg, Epicatechin: 7.48mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 203.79kcal (10.19%), Fat: 1.14g (1.75%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 44.08g (16.03%), Sugar: 28.35g (31.5%), Cholesterol: 0mg (0%), Sodium: 199.06mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.63mg (2.88%), Protein: 3.46g (6.92%), Manganese: 0.68mg (34.02%), Vitamin B2: 0.31mg (18.09%), Fiber: 3.85g (15.41%), Copper: 0.16mg (8.15%), Vitamin K: 8.41µg (8.01%), Calcium: 71.77mg (7.18%), Magnesium: 26.16mg (6.54%), Vitamin C: 5.37mg (6.51%), Iron: 1.13mg (6.3%), Phosphorus: 43.44mg (4.34%), Potassium: 141.85mg (4.05%), Vitamin B1: 0.05mg (3.65%), Vitamin B6: 0.06mg (3.25%), Zinc: 0.45mg (2.98%), Folate: 8.94µg (2.23%), Vitamin E: 0.32mg (2.11%), Vitamin B3: 0.33mg (1.66%), Selenium: 1.01µg (1.44%)