



Chocolate Cake



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 1 cup agave nectar
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups almond flour
- ☐ 2 large eggs
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract

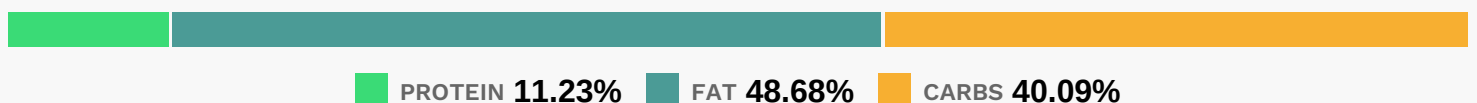
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat the oven to 350°F. Grease a 9-inch cake pan with grapeseed oil and dust with almond flour.
- ☐ In a large bowl, combine the almond flour, cocoa powder, salt, and baking soda. In a medium bowl, combine the agave nectar, eggs, and vanilla extract. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Scoop the batter into the prepared cake pan.
- ☐ Bake for 35 to 40 minutes, until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let the cake cool in the pan for 1 hour, then serve.
- ☐ Sweetness: high
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- ☐ Her writing has appeared in diverse publications including Shape, Natural Solutions, Delicious Living, and Delight magazine. She lives with her family in Boulder, Colorado. Visit www.elanaspantry.com.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:4.469565194586%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 272.13kcal (13.61%), Fat: 15.54g (23.91%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 24.78g (9.01%), Sugar: 19.98g (22.2%), Cholesterol: 46.5mg (15.5%), Sodium: 233.3mg (10.14%), Alcohol: 0.56g (100%), Alcohol %: 0.97% (100%), Caffeine: 6.18mg (2.06%), Protein: 8.06g (16.13%), Fiber: 4.02g (16.07%), Iron: 1.68mg (9.33%), Calcium: 69.78mg (6.98%), Selenium: 4.69µg (6.7%), Vitamin B2: 0.11mg (6.5%), Vitamin K: 6.29µg (5.99%), Copper: 0.11mg (5.73%), Vitamin C: 4.68mg (5.67%), Manganese: 0.11mg (5.61%), Phosphorus: 44.85mg (4.48%), Vitamin B6: 0.09mg (4.46%), Magnesium: 15.38mg (3.85%), Folate: 14.98µg (3.75%), Vitamin B1: 0.04mg (2.72%), Vitamin E: 0.4mg (2.69%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.11µg (1.85%), Potassium: 61.63mg (1.76%), Vitamin D: 0.25µg (1.67%), Vitamin A: 67.5IU (1.35%), Vitamin B3: 0.26mg (1.32%)