



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

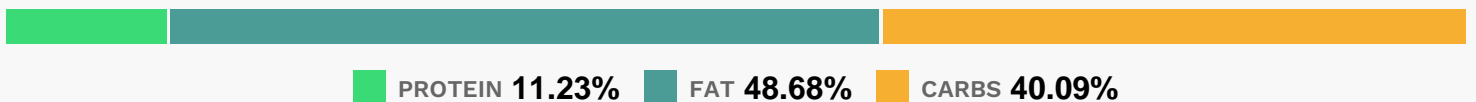
Equipment

- 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%)