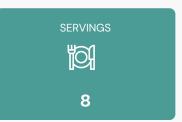


# **Chocolate Espresso Spelt Cake**







DESSERT

## Ingredients

2 teaspoons double-acting baking powder
1 teaspoon baking soda
1 cup t brown sugar dark packed
2 large eggs
1.5 tablespoons espresso powder
8 servings accompaniment: lightly whipped cream sweetened
1.5 cups medjool dates pitted coarsely chopped (12 to 14)
O.8 teaspoon salt

	2 cups rice flour	
	0.8 cup butter unsalted softened for pan	
	1.5 teaspoons vanilla	
	1 cup water	
Equipment		
	bowl	
	oven	
	whisk	
	hand mixer	
	springform pan	
	skewers	
Directions		
	Put oven rack in middle position and preheat oven to 350°F. Butter springform pan, then lightly dust with cocoa powder, knocking out excess.	
	Stir together boiling-hot water, espresso powder, vanilla, and baking soda in a bowl, then add dates, mashing lightly with a fork, and steep until liquid cools to room temperature, about 10 minutes.	
	Whisk together spelt flour, cocoa powder, baking powder, and salt in another bowl. Beat together butter and brown sugar with an electric mixer at medium-high speed until pale and fluffy.	
	Add eggs 1 at a time, beating until just combined. Beat in date mixture (batter will look curdled), then reduce speed to low and add flour mixture, mixing until just combined.	
	Spoon batter into springform pan, smoothing top, and bake until a wooden pick or skewer inserted into center comes out clean, about 50 minutes to 1 hour. Cool cake in pan on a rack 5 minutes, then remove side of pan and cool cake on rack.	
	Serve cake warm or at room temperature.	

### **Nutrition Facts**

### **Properties**

Glycemic Index:11.5, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:6.2273912837972%

#### **Nutrients** (% of daily need)

Calories: 529.06kcal (26.45%), Fat: 25.05g (38.53%), Saturated Fat: 14.77g (92.34%), Carbohydrates: 71.27g (23.76%), Net Carbohydrates: 65.42g (23.79%), Sugar: 46.23g (51.37%), Cholesterol: 112.8mg (37.6%), Sodium: 497.47mg (21.63%), Alcohol: 0.26g (100%), Alcohol %: 0.2% (100%), Caffeine: 29.44mg (9.81%), Protein: 6.7g (13.4%), Fiber: 5.85g (23.39%), Vitamin A: 857.89IU (17.16%), Iron: 2.26mg (12.56%), Calcium: 124.26mg (12.43%), Potassium: 285.31mg (8.15%), Phosphorus: 72.84mg (7.28%), Copper: 0.13mg (6.6%), Selenium: 4.5μg (6.43%), Manganese: 0.12mg (6.1%), Magnesium: 23.01mg (5.75%), Vitamin B6: 0.1mg (5.11%), Vitamin B2: 0.08mg (4.84%), Vitamin B5: 0.47mg (4.74%), Vitamin E: 0.63mg (4.17%), Vitamin B3: 0.76mg (3.8%), Vitamin D: 0.57μg (3.79%), Folate: 10.92μg (2.73%), Vitamin B12: 0.15μg (2.46%), Vitamin K: 2.29μg (2.18%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.02mg (1.33%)