



Chocolate Espresso Spelt Cake

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



529 kcal

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)
- ☐ 0.8 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



 PROTEIN **4.99%**  FAT **41.95%**  CARBS **53.06%**

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%)