



Chocolate Layer Cake

 Gluten Free

READY IN



45 min.

SERVINGS



22

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3.3 ounces brown rice flour red ()
- ☐ 0.5 cup canola oil
- ☐ 2 large eggs
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup butter light softened
- ☐ 1.8 cups milk 1% low-fat divided

- ☐ 5 tablespoons milk 1% low-fat
- ☐ 0.8 cup potato flour
- ☐ 6 cups powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup tapioca flour
- ☐ 0.8 cup cocoa unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon xanthan gum red (such as Bob's Mill)

Equipment

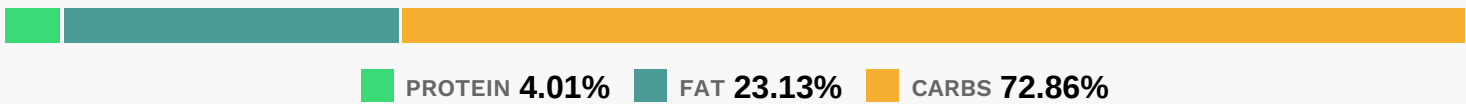
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, heat 3/4 cup milk in a small saucepan over medium-low heat 2 minutes or until warm; add chocolate chips, stirring until smooth. Cool.
- ☐ Weigh or lightly spoon brown rice flour, potato starch, and tapioca flour into dry measuring cups; level with a knife.
- ☐ Combine flours and next 4 ingredients in a bowl; stir with a whisk.
- ☐ Combine eggs and next 3 ingredients in a bowl; beat with a mixer at low speed until blended.

- ☐ Add chocolate mixture, beating until blended.
- ☐ Add flour mixture alternately with remaining 1 cup milk, beginning and ending with dry ingredients; beat until smooth.
- ☐ Pour batter evenly into 2 (9-inch) round cake pans coated with cooking spray and lined with parchment paper.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans. Cool completely on a wire rack.
- ☐ To prepare frosting, combine powdered sugar and cocoa in a large bowl; stir with a whisk.
- ☐ Combine milk and vanilla.
- ☐ Place butter in a separate bowl; beat with a mixer at medium speed until creamy.
- ☐ Add powdered sugar mixture alternately with milk mixture, beating well after each addition until spreading consistency.
- ☐ Place 1 cake layer on a plate; spread with 1 cup frosting. Top with remaining cake layer.
- ☐ Spread remaining frosting over top and sides of cake.
- ☐ Garnish with raspberries and mint sprigs, if desired.
- ☐ Somebody get me a glass of milk! I almost forgot what chocolate cake tastes like thanks for the reminder. Although a lot of gluten-free desserts turn out dry, this cake was very moist. The icing was definitely the "icing on the cake"! Very rich and the perfect complement to the cake. Roxanne D. Osborne

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:6.44, Inflammation Score:-3, Nutrition Score:5.5369565486908%

Flavonoids

Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epicatechin: 5.76mg, Epicatechin: 5.76mg, Epicatechin: 5.76mg, Epicatechin: 5.76mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 314.96kcal (15.75%), Fat: 8.37g (12.88%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 56.96g (20.71%), Sugar: 45.55g (50.62%), Cholesterol: 24.29mg (8.1%), Sodium: 142.85mg (6.21%), Alcohol: 0.2g (100%), Alcohol %: 0.25% (100%), Caffeine: 13.78mg (4.59%), Protein: 3.26g (6.52%), Manganese: 0.41mg (20.69%), Copper: 0.24mg (12.03%), Phosphorus: 108.71mg (10.87%), Magnesium: 40.99mg (10.25%), Fiber: 2.36g (9.45%), Iron: 1.32mg (7.34%), Calcium: 67.83mg (6.78%), Potassium: 206.04mg (5.89%), Vitamin B6: 0.1mg (5.06%), Zinc: 0.72mg (4.82%), Vitamin B2: 0.08mg (4.79%), Selenium: 3.33µg (4.76%), Vitamin B1: 0.05mg (3.42%), Vitamin A: 164.73IU (3.29%), Vitamin B12: 0.2µg (3.29%), Vitamin B3: 0.63mg (3.13%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.28mg (2.75%), Vitamin D: 0.39µg (2.6%), Vitamin K: 1.69µg (1.61%), Folate: 5.62µg (1.4%)