



Chocolate-raspberry Cake



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



74 kcal

Ingredients

- ☐ 3 tablespoons raspberry-flavored liqueur such as chambord
- ☐ 6 oz raspberries fresh rinsed
- ☐ 1 cup raspberry jam
- ☐ 16 servings foolproof buttercream
- ☐ 16 servings foolproof buttercream

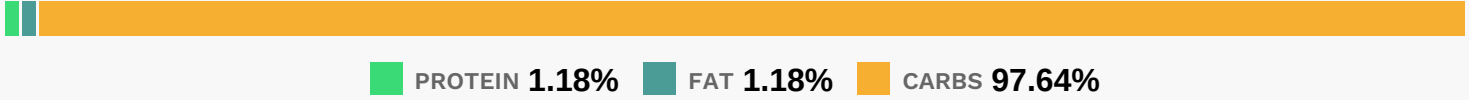
Equipment

Directions

- ☐
- Split the layers of the double-layer chocolate cake, making four total.

☐☐

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:8.07, Inflammation Score:-1, Nutrition Score:1.1169565193679%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 74.25kcal (3.71%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.3g (5.93%), Sugar: 12.09g (13.44%), Cholesterol: 0mg (0%), Sodium: 7.13mg (0.31%), Alcohol: 0.61g (100%), Alcohol %: 2.23% (100%), Protein: 0.21g (0.42%), Vitamin C: 4.66mg (5.64%), Manganese: 0.08mg (3.99%), Fiber: 0.92g (3.7%), Copper: 0.03mg (1.54%), Vitamin B2: 0.02mg (1.19%), Folate: 4.57µg (1.14%)