



Chocolate Spelt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



551 kcal

DESSERT

Ingredients

- 2 cups farro
- 0.5 cup butter unsalted
- 1 cup hot-brewed coffee
- 1 tablespoon coffee instant
- 1 tsp vanilla
- 1 tsp baking soda
- 0.8 tsp salt
- 0.5 cup brown sugar

- 0.5 cup brown sugar
- 0.5 cup granulated sugar white
- 2 eggs
- 0.8 cup coconut sugar hot instant
- 0.5 cup cream sour
- 0.5 cup currants
- 0.5 cup currants

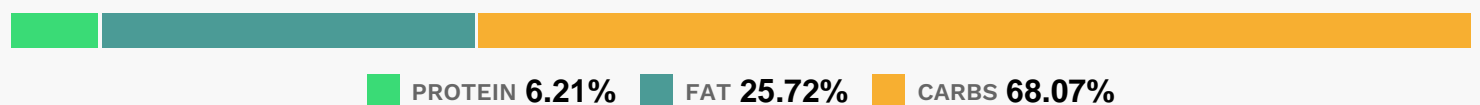
Equipment

- bowl
- frying pan
- oven
- kugelhopf pan

Directions

- Add tablespoon of instant coffee to the warm coffee along with the vanilla, baking soda and currants; and stir till frothy.
- Combine in a medium bowl the spelt, instant coco and salt.
- In a mix-master beat the butter, brown sugar and white sugar and mix until smooth.
- Add the eggs and continue to mix; slowly add the coffee mixture and continue to mix.
- While still mixing on low add the spelt mixture and mix.
- Prepare a bundt pan with butter all around and then dust all over with the instant coco.
- Bake 50 55 minutes or until tooth pick test comes out clean.
- Let the cake cool a bit before trying to remove from pan.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:35.86, Inflammation Score:-5, Nutrition Score:13.16%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Taste

Sweetness: 100%, Saltiness: 8.3%, Sourness: 6.49%, Bitterness: 16.67%, Savoriness: 8.69%, Fattiness: 29.33%,
Spiciness: 0%

Nutrients (% of daily need)

Calories: 550.69kcal (27.53%), Fat: 16.49g (25.37%), Saturated Fat: 9.28g (57.99%), Carbohydrates: 98.16g
(32.72%), Net Carbohydrates: 92.71g (33.71%), Sugar: 63.72g (70.8%), Cholesterol: 79.9mg (26.63%), Sodium:
446.29mg (19.4%), Caffeine: 31.48mg (10.49%), Protein: 8.96g (17.92%), Manganese: 1.42mg (71.23%), Phosphorus:
232.28mg (23.23%), Fiber: 5.45g (21.79%), Magnesium: 74.16mg (18.54%), Vitamin B3: 3.56mg (17.81%), Copper:
0.3mg (15.23%), Iron: 2.71mg (15.05%), Selenium: 9.75µg (13.93%), Vitamin B1: 0.2mg (13.29%), Potassium: 419.48mg
(11.99%), Zinc: 1.71mg (11.43%), Vitamin B2: 0.18mg (10.58%), Vitamin A: 520.99IU (10.42%), Vitamin B6: 0.19mg
(9.51%), Vitamin B5: 0.82mg (8.18%), Calcium: 76.29mg (7.63%), Folate: 28.7µg (7.18%), Vitamin E: 0.87mg (5.77%),
Vitamin K: 3.44µg (3.28%), Vitamin D: 0.43µg (2.89%), Vitamin B12: 0.15µg (2.54%), Vitamin C: 0.98mg (1.18%)