



Delicious Chocolate Cake with White Frosting



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



446 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon sorghum flour sweet white
- ☐ 0.5 cup sorghum flour sweet white
- ☐ 0.8 cup potato flour
- ☐ 0.5 cup rice flour white
- ☐ 0.5 cup tapioca flour
- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon xanthan gum

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- ☐ 1 teaspoon double-acting baking powder gluten-free
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup canola oil
- ☐ 1 cup hot-brewed coffee room temperature brewed ()
- ☐ 3 eggs
- ☐ 1.5 cups granulated sugar
- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 teaspoons vanilla pure
- ☐ 1 cup canola oil melted
- ☐ 2 teaspoons vanilla pure
- ☐ 0.1 teaspoon salt
- ☐ 4 cups powdered sugar gluten-free
- ☐ 2 tablespoons vanilla almond milk

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray 2 (8-inch) round cake pans with cooking spray (without flour); sprinkle with 1 tablespoon sorghum flour.
- ☐ In medium bowl, mix 1/2 cup sorghum flour, the remaining flours, the cocoa, xanthan gum, guar gum, baking powder, baking soda and 1/2 teaspoon salt with whisk; set aside. In large bowl, beat oil, coffee, eggs, granulated sugar, vinegar and 2 teaspoons vanilla with electric mixer on low speed until frothy. Gradually add flour mixture, beating on medium speed until well

blended. Divide batter evenly between pans.

- ☐ Bake 40 to 42 minutes or until toothpick inserted in center comes out clean. Cool in pans on cooling racks 30 minutes.
- ☐ Remove cakes from pans to cooling racks; cool completely, about 30 minutes.
- ☐ In medium bowl, beat ghee, vanilla and 1/8 teaspoon salt with electric mixer on medium speed. Gradually add powdered sugar and milk, beating until thickened. Beat 4 minutes longer or until frosting is fluffy. On serving plate, place 1 cake layer; spread with frosting. Top with second cake layer; spread frosting over top and side of cake.

Nutrition Facts



Properties

Glycemic Index:27.59, Glycemic Load:21.78, Inflammation Score:-2, Nutrition Score:6.3300000519856%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 446.47kcal (22.32%), Fat: 8.67g (13.33%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 91.45g (30.48%), Net Carbohydrates: 88.33g (32.12%), Sugar: 65.08g (72.32%), Cholesterol: 40.92mg (13.64%), Sodium: 283.49mg (12.33%), Alcohol: 0.46g (100%), Alcohol %: 0.35% (100%), Caffeine: 16.14mg (5.38%), Protein: 4.21g (8.43%), Manganese: 0.38mg (18.77%), Fiber: 3.11g (12.46%), Copper: 0.21mg (10.67%), Phosphorus: 104.92mg (10.49%), Magnesium: 39.82mg (9.96%), Selenium: 6.29µg (8.99%), Vitamin E: 1.35mg (8.97%), Vitamin B6: 0.16mg (8.06%), Iron: 1.29mg (7.15%), Potassium: 228.91mg (6.54%), Vitamin B2: 0.1mg (5.86%), Folate: 21.81µg (5.45%), Vitamin K: 5.39µg (5.13%), Vitamin B3: 0.99mg (4.94%), Vitamin B1: 0.07mg (4.66%), Zinc: 0.66mg (4.38%), Calcium: 43.63mg (4.36%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 60.42IU (1.21%)