



Gluten-Free Chocolate-Beet Cake with Dairy-Free Chocolate Icing



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



552 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 cups beets packed grated
- ☐ 1 cup cocoa powder
- ☐ 2 tablespoons 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 3 eggs
- ☐ 2 tablespoons oil
- ☐ 2 cups potato flour whole (year-round: flour, all purpose, pastry or spelt)

- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup semi chocolate chips [for soy-free and nut-free]
- ☐ 1.3 cups sugar
- ☐ 2 cups coconut or unsweetened sweetened packed grated for (settle)
- ☐ 1 tablespoon vanilla
- ☐ 1 cup vegetable oil

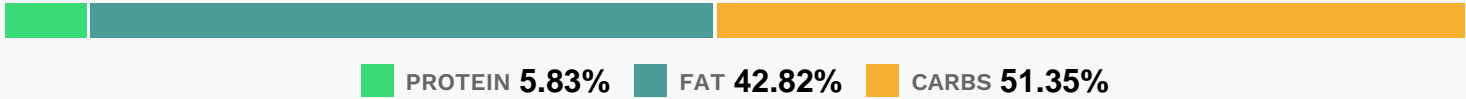
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees.
- ☐ Mix the first set of ingredients in a bowl and set aside. In a food processor, beat the eggs and sugar until light and fluffy.
- ☐ Add the oil and vanilla and mix to combine.
- ☐ Add the juice alternately with the reserved dry mixture, beginning and ending with the dry ingredients, pulsing only 2–3 times, until combined.
- ☐ Add the coconut and beets, and pulse just 2–3 times to combine.
- ☐ Pour the mixture into a greased tube pan and bake about one hour, or until a knife inserted in the center comes out clean. Invert the cake and let it cool.
- ☐ Serve as is or with chocolate icing. Melt the ingredients on a very low flame, or in the microwave for 1 minute.
- ☐ Whisk until smooth.
- ☐ Spread on the cake and let the icing form up before serving.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:19.72, Inflammation Score:-6, Nutrition Score:16.741739257522%

Flavonoids

Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg, Catechin: 5.57mg Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg, Epicatechin: 16.89mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 551.99kcal (27.6%), Fat: 27.72g (42.65%), Saturated Fat: 15.71g (98.19%), Carbohydrates: 74.79g (24.93%), Net Carbohydrates: 64.36g (23.4%), Sugar: 37.42g (41.58%), Cholesterol: 50.18mg (16.73%), Sodium: 321.96mg (14%), Alcohol: 0.45g (100%), Alcohol %: 0.31% (100%), Caffeine: 35.26mg (11.75%), Protein: 8.5g (16.99%), Manganese: 1.28mg (63.88%), Fiber: 10.43g (41.72%), Copper: 0.79mg (39.68%), Magnesium: 122.32mg (30.58%), Phosphorus: 267.92mg (26.79%), Potassium: 801.22mg (22.89%), Iron: 4.05mg (22.51%), Vitamin B6: 0.37mg (18.25%), Folate: 62.99µg (15.75%), Selenium: 10.73µg (15.33%), Calcium: 132.52mg (13.25%), Zinc: 1.9mg (12.65%), Vitamin K: 11.85µg (11.29%), Vitamin E: 1.31mg (8.71%), Vitamin B2: 0.15mg (8.59%), Vitamin B3: 1.72mg (8.59%), Vitamin B1: 0.11mg (7.6%), Vitamin B5: 0.63mg (6.3%), Vitamin C: 3.75mg (4.54%), Vitamin B12: 0.15µg (2.5%), Vitamin A: 95.09IU (1.9%), Vitamin D: 0.26µg (1.76%)