



Gluten-Free Chocolate Snack Cake with Creamy Butterscotch Frosting

 Gluten Free  Low Fod Map

READY IN



120 min.

SERVINGS



16

CALORIES



266 kcal

DESSERT

Ingredients

- 0.3 cup rice flour white
- 0.3 cup tapioca flour
- 0.3 cup potato flour
- 3 tablespoons sorghum flour sweet white
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon xanthan gum
- 2 teaspoons double-acting baking powder gluten-free

- 0.5 teaspoon salt
- 0.5 cup unrefined sunflower oil
- 0.7 cup smooth almond butter
- 0.5 cup brown sugar packed
- 0.5 cup granulated sugar
- 2 eggs
- 0.5 cup water
- 0.5 cup t brown sugar dark packed
- 0.3 cup ghee melted
- 3 tablespoons vanilla almond milk
- 0.1 teaspoon salt
- 1 cup powdered sugar gluten-free
- 2 tablespoons almonds sliced
- 2 tablespoons semisweet chocolate chips miniature

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer

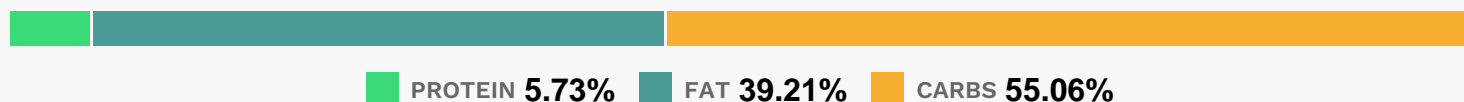
Directions

- Heat oven to 350°F. Spray bottom and sides of 8-inch square pan with cooking spray (without flour).
- In small bowl, mix flours, cocoa, xanthan gum, baking powder and 1/2 teaspoon salt with whisk; set aside. In medium bowl, beat oil, almond butter, 1/2 cup brown sugar, the granulated sugar,

eggs and water with electric mixer on medium speed until well blended. Gradually add flour mixture, beating until well blended.

- Pour batter into pan.
- Bake 30 to 35 minutes or until cake springs back when touched lightly in center. Cool completely in pan on cooling rack, about 1 hour.
- Meanwhile, in 2-quart saucepan, place 1/2 cup brown sugar, ghee, 3 tablespoons of the milk and 1/8 teaspoon salt.
- Heat to boiling over medium heat about 3 to 4 minutes, stirring constantly.
- Remove from heat; beat in powdered sugar until frosting is smooth and spreadable. If frosting is too thick, stir in additional almond milk, 1 teaspoon at a time. Frost cake.
- Sprinkle almonds and chocolate chips over top.
- Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:5.82, Inflammation Score:-2, Nutrition Score:6.0265217381327%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 265.67kcal (13.28%), Fat: 12.12g (18.65%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 35.98g (13.08%), Sugar: 28.27g (31.41%), Cholesterol: 27.77mg (9.26%), Sodium: 167.85mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.68mg (1.56%), Protein: 3.99g (7.98%), Vitamin E: 3.49mg (23.25%), Manganese: 0.39mg (19.67%), Magnesium: 48.69mg (12.17%), Phosphorus: 107.44mg (10.74%), Copper: 0.21mg (10.41%), Fiber: 2.33g (9.31%), Calcium: 92.08mg (9.21%), Vitamin B2: 0.15mg (8.62%), Iron: 1.08mg (5.99%), Potassium: 176.53mg (5.04%), Selenium: 3.16µg (4.52%), Zinc: 0.65mg (4.36%), Vitamin B3: 0.66mg (3.32%), Vitamin B6: 0.06mg (3.23%), Folate: 10.3µg (2.57%), Vitamin B5: 0.2mg (1.96%), Vitamin B1: 0.02mg (1.58%)