

Gluten-Free Red Velvet Cake

 Vegetarian  Gluten Free  Popular

READY IN



100 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown rice flour
- 1 cup buttermilk
- 1 cup canola oil
- 0.3 cup coconut flour
- 2 eggs at room temperature
- 1 ounce food coloring red
- 0.3 teaspoon salt

- 0.8 cup sorghum flour
- 0.8 cup tapioca flour
- 0.8 cup apple sauce unsweetened
- 0.3 cup cocoa powder unsweetened divided
- 1 teaspoon vanilla extract
- 1.5 cups sugar white
- 1 teaspoon xanthan gum

Equipment

- bowl
- oven
- whisk
- mixing bowl
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 9-inch round cake pans with gluten-free flour. In a bowl, whisk together the brown rice flour, coconut flour, sorghum flour, tapioca starch, baking soda, xanthan gum, salt, and 3 tablespoons of cocoa powder in a bowl.
- In a large mixing bowl, beat canola oil and sugar until thoroughly combined, and beat the eggs in one at a time until fully incorporated. Stir in the applesauce. Beat the flour mixture into the wet ingredients, alternating with buttermilk, in several additions, beginning and ending with flour mixture.
- Mix the remaining 1 tablespoon of cocoa powder with the red food coloring and vanilla extract to make a paste; gently stir into the batter.
- Pour the batter into the prepared cake pans.
- Bake in the preheated oven until a toothpick inserted into the center of a cake comes out clean, about 25 minutes. Allow the cakes to cool completely before frosting.

Nutrition Facts



■ PROTEIN 5.29% ■ FAT 20.87% ■ CARBS 73.84%

Properties

Glycemic Index:12.64, Glycemic Load:26.63, Inflammation Score:-3, Nutrition Score:8.6756521942823%

Flavonoids

Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epicatechin: 6.52mg, Epicatechin: 6.52mg, Epicatechin: 6.52mg, Epicatechin: 6.52mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 394.34kcal (19.72%), Fat: 9.46g (14.56%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 75.33g (25.11%), Net Carbohydrates: 71.05g (25.84%), Sugar: 41.79g (46.43%), Cholesterol: 44.22mg (14.74%), Sodium: 278.41mg (12.1%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.18mg (2.06%), Protein: 5.4g (10.8%), Manganese: 0.85mg (42.62%), Fiber: 4.28g (17.11%), Phosphorus: 152.96mg (15.3%), Magnesium: 48.57mg (12.14%), Selenium: 6.54µg (9.34%), Vitamin B6: 0.19mg (9.34%), Copper: 0.19mg (9.28%), Vitamin E: 1.39mg (9.27%), Iron: 1.51mg (8.38%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.12mg (8.23%), Vitamin B3: 1.64mg (8.19%), Zinc: 0.98mg (6.5%), Vitamin B5: 0.64mg (6.39%), Potassium: 196.22mg (5.61%), Calcium: 48.47mg (4.85%), Vitamin K: 5.02µg (4.78%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.24µg (3.93%), Folate: 13.4µg (3.35%), Vitamin A: 115.53IU (2.31%)