



Gluten Free Yellow Cake And Cupcakes

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



265 kcal

DESSERT

Ingredients

- 0.5 cup coconut flour sifted
- 0.8 cup tapioca flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 teaspoons double-acting baking powder
- 1 teaspoon xanthan gum
- 4 eggs whole
- 1.3 cups sugar

- 0.7 cup veganaise (mayo)
- 0.8 cup vanilla almond milk
- 2 teaspoons vanilla extract
- 1 cup butter (vegan)
- 2 cups dairy free chocolate chips
- 2 pinch salt
- 4 tablespoons powdered sugar

Equipment

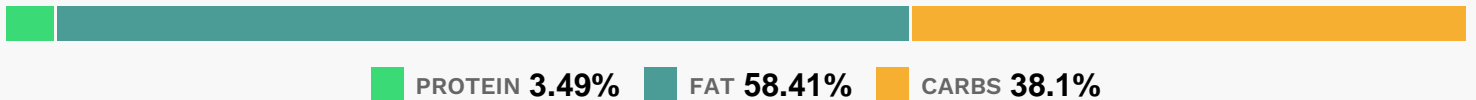
- bowl
- sauce pan
- oven
- hand mixer
- toothpicks
- muffin tray

Directions

- Preheat oven to 350 degrees. Grease two 8 or 9 inch round cake pans and sprinkle with tapioca flour if youre making a layer cake. Otherwise, line a muffin tin with baking cups.
- Mix together the coconut flour, tapioca flour, salt, xanthan gum, baking soda, and baking powder. Set aside.
- Beat the eggs, sugar, and mayonnaise until fluffy.
- Then slowly add the vanilla, flour mixture, and milk. Alternating between the flour and milk to make a nice fluffy cake. Note- I usually use just barely under 3/4 C of the milk alternative.
- Pour the batter into the greased cake pans or fill the baking cups 3/4 full (makes 24 cupcakes).
- Bake for 20-25 minutes for the cakes or 12-15 minutes for the cupcakes. Cakes are done when they are nicely browned and spring back when lightly touched or when a toothpick inserted in center comes out clean.
- Let cool completely before icing.

- Bring a small saucepan of water to a boil.
- Place a heatproof bowl over the saucepan (make sure the water isn't touching the bottom) and add the chocolate and butter.
- Stir until melted. Then, add the remaining ingredients.
- Place uncovered in freezer for 15 minutes.
- Beat with hand mixer until light and fluffy. If it's too runny, place back in freezer a few minutes and repeat process until the icing is a good consistency.

Nutrition Facts



Properties

Glycemic Index: 8.84, Glycemic Load: 7.4, Inflammation Score: -1, Nutrition Score: 2.0130434782609%

Taste

Sweetness: 100%, Saltiness: 16.94%, Sourness: 1.76%, Bitterness: 0.91%, Savoriness: 8.45%, Fattiness: 95.02%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 264.85kcal (13.24%), Fat: 17.88g (27.51%), Saturated Fat: 8.9g (55.66%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 24.24g (8.81%), Sugar: 18.99g (21.1%), Cholesterol: 47.62mg (15.87%), Sodium: 324.69mg (14.12%), Protein: 2.4g (4.81%), Fiber: 2.01g (8.03%), Iron: 1.38mg (7.68%), Calcium: 64.85mg (6.48%), Vitamin A: 275.96IU (5.52%), Selenium: 2.42µg (3.45%), Phosphorus: 28.59mg (2.86%), Vitamin B2: 0.04mg (2.31%), Vitamin E: 0.3mg (1.98%), Vitamin B12: 0.08µg (1.36%), Vitamin B5: 0.12mg (1.23%)