



Non-Dairy Chocolate Cake with German Chocolate Frosting

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



1340 kcal

DESSERT

Ingredients

- 0.7 cup apple sauce
- 6 tablespoons tapioca/arrowroot flour
- 1.3 teaspoons baking soda
- 2 cups karo syrup
- 0.7 cup brown sugar packed
- 1.3 tablespoons apple cider vinegar
- 1.5 pounds coconut flakes flaked

- 5 tablespoons egg substitute
- 2.3 cups flour all-purpose
- 0.8 cup maple syrup
- 3 cups pecans chopped
- 1 cup karo syrup
- 10.5 ounce silken tofu firm crumbled
- 1 quart soymilk
- 0.7 cup cocoa powder unsweetened
- 2.5 teaspoons vanilla extract
- 0.7 cup vegetable oil
- 0.3 cup water
- 1 cup flour whole wheat

Equipment

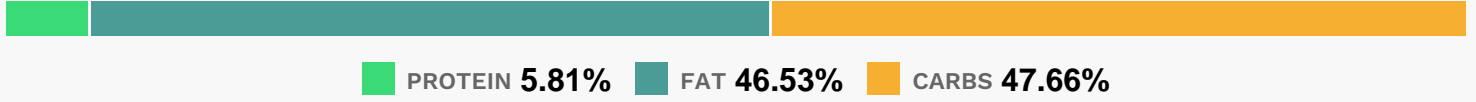
- food processor
- bowl
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 10-inch round cake pans.
- In a large bowl sift together all-purpose flour, whole wheat flour, soda, and cocoa.
- In another bowl mix the brown sugar, oil, 1 cup water, maple syrup, applesauce, vinegar, and vanilla.
- Add the dry ingredients to the wet and mix for 2 minutes.
- Pour into prepared pans.
- Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes.
- Cool and frost with Non-Dairy German Chocolate Frosting. To make frosting: scald soy milk, barley malt syrup, and brown rice syrup.

- Mix egg substitute and 1/4 cup water until foamy.
- Add to milk and syrup mixture and cook until thickened.
- Blend tofu in food processor until smooth and add to thickened syrup mixture with coconut, pecans, and arrowroot. Cook for 2 minutes and remove from heat. Cool.

Nutrition Facts



Properties

Glycemic Index:27.99, Glycemic Load:26.61, Inflammation Score:-8, Nutrition Score:33.784347928089%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Catechin: 6.2mg, Catechin: 6.2mg, Catechin: 6.2mg, Catechin: 6.2mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 1339.75kcal (66.99%), Fat: 74.44g (114.52%), Saturated Fat: 42.26g (264.11%), Carbohydrates: 171.52g (57.17%), Net Carbohydrates: 152.35g (55.4%), Sugar: 100.72g (111.91%), Cholesterol: 0mg (0%), Sodium: 308.54mg (13.41%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Caffeine: 13.19mg (4.4%), Protein: 20.91g (41.82%), Manganese: 4.84mg (242.25%), Fiber: 19.17g (76.69%), Copper: 1.44mg (71.86%), Selenium: 37.66µg (53.8%), Vitamin B2: 0.83mg (48.94%), Vitamin B1: 0.67mg (44.58%), Magnesium: 169.4mg (42.35%), Iron: 6.72mg (37.36%), Phosphorus: 373.23mg (37.32%), Vitamin B3: 6.5mg (32.52%), Calcium: 313.62mg (31.36%), Vitamin B6: 0.59mg (29.33%), Zinc: 4.4mg (29.33%), Potassium: 958.75mg (27.39%), Folate: 106.34µg (26.59%), Vitamin E: 3.64mg (24.28%), Vitamin B12: 1.05µg (17.49%), Vitamin B5: 1.21mg (12.07%), Vitamin C: 8.4mg (10.18%), Vitamin D: 1.26µg (8.42%), Vitamin A: 414.03IU (8.28%), Vitamin K: 7.25µg (6.9%)