



Raw Vegan Chocolate and Raspberry Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



565 kcal

DESSERT

Ingredients

- 12 servings pie crust dough
- 3 cups walnuts raw
- 0.7 cup cocoa / carob powder raw
- 1 pinch sea salt
- 1 cup dates pitted
- 12 servings ice-cream chocolate shell
- 0.3 cup honey (or any other healthy sweetener)
- 3 banana ripe

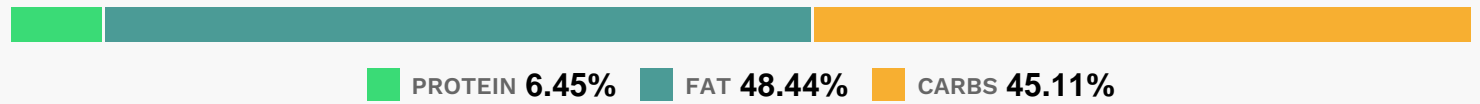
- 0.3 cup cocoa powder
- 1.5 cups raspberries
- 5 tbsp chocolate flakes) dark 85%

Equipment

Directions

- Go to my blog for the full instructions: <http://gourmandelle.com/raw-vegan-chocolate-and-raspberry-birthday-cake/>

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:20.1, Inflammation Score:-7, Nutrition Score:16.350869565217%

Flavonoids

Cyanidin: 7.87mg, Cyanidin: 7.87mg, Cyanidin: 7.87mg, Cyanidin: 7.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 6.45mg, Catechin: 6.45mg, Catechin: 6.45mg, Catechin: 6.45mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 5.23mg, Epicatechin: 5.23mg, Epicatechin: 5.23mg, Epicatechin: 5.23mg Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg Epigallocatechin 3-gallate: 6.34mg, Epigallocatechin 3-gallate: 6.34mg, Epigallocatechin 3-gallate: 6.34mg, Epigallocatechin 3-gallate: 6.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 565.24kcal (28.26%), Fat: 32.8g (50.46%), Saturated Fat: 8.55g (53.43%), Carbohydrates: 68.73g (22.91%), Net Carbohydrates: 59.55g (21.65%), Sugar: 43.81g (48.68%), Cholesterol: 22.44mg (7.48%), Sodium: 144.36mg (6.28%), Caffeine: 7.47mg (2.49%), Protein: 9.82g (19.64%), Manganese: 1.52mg (76.18%), Copper: 0.76mg (37.88%), Fiber: 9.18g (36.72%), Magnesium: 100.23mg (25.06%), Phosphorus: 227.9mg (22.79%), Vitamin B6: 0.37mg (18.31%), Potassium: 609.87mg (17.42%), Folate: 68.04µg (17.01%), Vitamin B2: 0.28mg (16.36%), Iron: 2.85mg (15.85%), Vitamin B1: 0.21mg (14.07%), Calcium: 138.04mg (13.8%), Zinc: 1.76mg (11.71%), Vitamin C: 7.43mg

(9.01%), Vitamin B5: 0.85mg (8.52%), Vitamin B3: 1.66mg (8.31%), Selenium: 5.69µg (8.13%), Vitamin A: 306.48IU (6.13%), Vitamin E: 0.71mg (4.7%), Vitamin K: 4.25µg (4.04%), Vitamin B12: 0.19µg (3.19%)