



Vegan Barley Flour Chocolate Cake



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups barley flour whole
- ☐ 0.3 cup canola oil
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

☐ 1 cup water cold

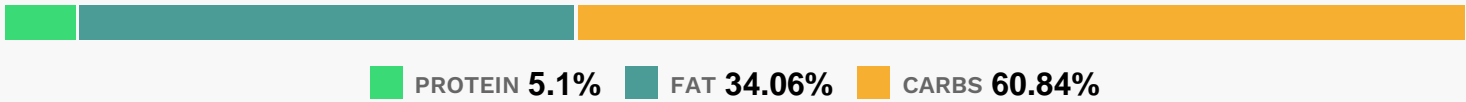
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat the oven at 350F/180C for 15 minutes. Grease the pan lightly with non-stick cooking spray and line the bottom and sides of the pan with parchment paper. Sift the barley flour and stir together rest of the dry ingredients (sugar to cocoa powder) and create a well in the center. To the well add all the wet ingredients one by one.
- ☐ Mix until just combined. Don't over mix. It's OK to have some lumps.
- ☐ Pour the batter in the prepared pan and bake for 25-30 minutes or until a toothpick inserted into center comes out clean. Mine was done by 27 minutes. If baking cupcakes, check around 13-15th minute.
- ☐ Transfer the pan to a wire rack and let it cool for 15 minutes.
- ☐ Remove the parchment paper on the sides of the pan and slowly invert the pan on a plate and the cake comes out perfect without sticking to the pan. Cool completely before frosting.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:35.66, Inflammation Score:-3, Nutrition Score:8.2273912844451%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 345.48kcal (17.27%), Fat: 13.61g (20.94%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 54.7g (18.23%), Net Carbohydrates: 49.63g (18.05%), Sugar: 25.45g (28.27%), Cholesterol: 0mg (0%), Sodium: 380.86mg (16.56%), Alcohol: 0.34g (100%), Alcohol %: 0.36% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.59g (9.18%), Manganese: 0.53mg (26.5%), Selenium: 14.62µg (20.88%), Fiber: 5.06g (20.25%), Vitamin E: 2.39mg (15.95%), Phosphorus: 136.08mg (13.61%), Copper: 0.27mg (13.59%), Magnesium: 54.05mg (13.51%), Vitamin B3: 2.4mg (12.01%), Vitamin B1: 0.14mg (9.32%), Vitamin K: 9.78µg (9.31%), Iron: 1.51mg (8.39%), Vitamin B6: 0.15mg (7.55%), Zinc: 0.99mg (6.62%), Potassium: 172.64mg (4.93%), Vitamin B2: 0.06mg (3.32%), Calcium: 18.26mg (1.83%), Folate: 4.11µg (1.03%)