

Gluten-free Chocolate Cake with Raspberry Filling and Dark Chocolate Ganache

Created by Felicia Watson, M.S., FSHN graduate student

Ingredients:

1 cup quinoa flour
1/3 cup tapioca flour
2/3 cup sugar
3/4 teaspoon xanthan gum
3/4 teaspoon baking soda
1/3 teaspoon salt
1/2 cup canola oil
2 large eggs, at room temperature
1/2 cup low-fat milk
2 teaspoons vanilla extract
1/2 cup unsweetened cocoa powder
1/2 cup hot instant coffee (120°F)
3 tablespoons raspberry jam

Chocolate Ganache Topping:

1 cup heavy cream
3/4 pound dark or semisweet chocolate, chopped into small pieces

Directions:

Preheat the oven to 325°F. Grease two 8-inch round cake pans.

In the bowl of a mixer, beat the oil, eggs, milk, and vanilla together until well blended. Whisk the flours, sugar, xanthan gum, baking soda, and salt together in a bowl. Add the cocoa powder and mix until incorporated.

Turn the mixer on low speed. Beat the dry mix into the egg mixture a third at a time, alternating with the hot coffee and ending with the dry mix. Pour the batter into the prepared pans.

Bake 25 – 28 minutes, or until the cake is firm and a toothpick inserted in the center comes out clean. Cool the cakes in the pan for 10 minutes and then remove from the pans and cool completely on a wire rack.

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 12-16	
Amount Per Serving	
Calories 390	Calories from Fat 220
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 150mg	6%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 22g	
Protein 5g	
Vitamin A 6%	• Vitamin C 0%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

For the ganache topping, heat cream in the top of a double boiler until just under boiling. Add chocolate pieces and whisk until melted. Remove from heat and stir until cooled slightly and thickened.

Place one cake round on serving plate. Cover cake with raspberry jam and place second cake round on top. Drizzle the chocolate ganache over entire cake. Place in refrigerator to set ganache, if desired.

Yield: 12-16 servings

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

