

# Chocolate Cake

I used my instant pot (Quick Cooker). Place the [Quick Cooker Fluted Cake Pan](#) on the wire stand. Add 1 cup of water into the winner pot, lower fluted pan into the inner pot. Lock, set custom setting, Adjust time to 20 minutes and press START. Manually release the pressure. Let cake cool in pan for a 5-10 minutes before inverting.

If baking in oven: Cook Time 20 minutes Cook/prep - Total Time 40 minutes  
Servings 6 slices Calories 196 kcal

## Ingredients

- 1/2 cup almond flour
- 1/4 cup golden flaxseed meal finely ground
- 1 teaspoon baking powder
- 5 tablespoons unsalted grass-fed butter or 4 TBS coconut oil + 1 TBS coconut cream
- 1/3-1/2 cup xylitol
- 1/3 cup cocoa powder \*\*
- 1/4 teaspoon kosher salt
- 2 eggs at room temperature\*\*\*

## For the frosting (I did not make)

- 8 ounces unsalted grass-fed butter at room temperature
- 8 ounces cream cheese at room temperature
- 6-12 tablespoons powdered xylitol to taste
- 2-6 tablespoons cocoa powder to taste
- pinch kosher salt

## Instructions

### For the chocolate cake

1. Each batch of cake is good for one 8-inch layer of cake if baking in oven.
2. Position a rack in the lower third of your oven and preheat to 350°F/180°C. Grease, dust with cocoa powder, and line an 8-inch cake pan, set aside.
3. Add almond flour, flaxseed meal and baking powder to a medium bowl. Whisk until thoroughly combined, set aside.
4. Add butter (or coconut oil and cream), sweetener, cocoa powder, salt and espresso powder (optional) to a large heatproof bowl. Melt over a water bath whisking constantly (or use the microwave). You'll want to heat it up until most of the sweetener has melted and the mixture is well incorporated. Remove from heat and allow the mixture to cool slightly.
5. Add one egg at a time, whisking well after each one until completely incorporated. The texture should appear smooth, with all the sweetener dissolving into the mixture. If you used coconut oil, you want to be sure to mix it particularly well. Add the flour mixture, whisking vigorously until fully blended (about a minute). Pour into prepared cake pan.
6. Bake for 15-19 minutes, or until set and a toothpick inserted comes out just clean. Check often after minute 15 to ensure your cake doesn't dry out.
7. Allow to cool for at least 30 minutes in the cake pan, before transferring to a rack. It'll be particularly fragile right out of the oven if you made it with xylitol, so you need to let it set.
8. If you're building a layer cake, you'll want to chill the layers (well wrapped) once they've come to room temp. Because of this, I always bake the layers the day before, chill overnight, and make the frosting and layer up the cake the-day-of.

### For the cream cheese buttercream frosting (I did not frost)

1. 1 batch of frosting makes enough for a three-layer cake.
2. Add the butter, cream cheese and sweetener to a large bowl. Cream the mixture with your stand mixer using the paddle attachment (or with an electric mixer) until light and fluffy, about 10 minutes. You'll want to scrape the bowl every so often to ensure an even mixture. Add cocoa powder to taste, espresso powder and salt and continue to beat until fully incorporated.
3. Piping the frosting between the layers (no tip needed), ensures the most even distribution of frosting. And you could even do it with a ziplock bag!
4. The cake keeps well, stored in an airtight container in the fridge, for about 3 days. And it also freezes beautifully, just thaw it out in the fridge overnight. **Recipe Notes**

**\*\*If measuring the cocoa with tablespoons** rather than grams, be mindful of *how* you scoop as you can end up with a *lot* more cocoa powder than needed. Drop the cocoa powder into the tablespoon and level it, rather than scooping it out of the bag with the tablespoon (which can lead to overpacked tablespoons!).

**\*\*\*Must use eggs at room temp.** Reason being that if you add cold eggs, you'll solidify the batter and won't be able to mix the flours properly.

Please note that nutrition facts were calculated per slice (1/6th of a layer), which is the equivalent of 1 muffin.

### **Nutrition Facts**

Gluten Free, Paleo & Keto Chocolate Cake

**Amount Per Serving (1 slice)**

**Calories** 196 Calories from Fat 162

**% Daily Value\***

**Total Fat** 18g **28%**

Saturated Fat 7g **35%**

**Cholesterol** 80mg **27%**

**Sodium** 203mg **8%**

**Potassium** 162mg **5%**

**Total Carbohydrates** 6g **2%**

Dietary Fiber 4g **16%**

Sugars 0.5g

**Protein** 6g **12%**

Vitamin A 7.5%

Calcium 6%

Iron 10%

\* Percent Daily Values are based on a 2000 calorie diet.