

CHOCOLATE AND BEETROOT CAKE



NUTRITION

377Kcal
Per Serving

CONTAINS



WHEAT



EGGS



MILK

This recipe serves 12

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (111g)
Energy	1426kJ/339kcal	1583kJ/377kcal
Fat	12g	14g
of which saturates	7.3g	8.1g
of which monounsaturates	3g	3.3g
of which polyunsaturates	0.5g	0.5g
Carbohydrate	50g	56g
of which sugars	38g	42g
of which polyols	g	g
of which starch	12g	13g
Protein	5.5g	6.1g
Salt	0.45g	0.5g
Phosphorus	217mg (31%)	241mg
Iron	2mg (14%)	2mg

This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK

7 **REGULAR** ✓

6 **SOFT & BITE-SIZED** ✓
**Serve cake in bite sized pieces no bigger than 1.5cm x 1.5cm*

5 **MINCED & MOIST** ✓
Mash cake with cream, custard or ice cream until soft and moist with no separate thin liquid, lumps must be no bigger than 4mm

4 **PUREED**

3 **LIQUIDISED**

CHOCOLATE AND BEETROOT CAKE

Source of:

- Phosphorous
- Copper
- Iron

Chocolate and beetroot cake offers antioxidants, fibre and a variety of nutrients.



INGREDIENTS

■ 150g soft butter ■ 3 large eggs ■ 200g self raising flour ■ 4 tbsp milk ■ 60g cocoa powder	■ 250g light muscovado sugar ■ 2 tsp baking powder ■ 250g cooked beetroot, grated	<i>For the icing:</i> ■ 60g butter ■ 30g cocoa powder ■ 3 tbsp milk ■ 250g icing sugar
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METHOD

- 1 Lightly grease the tin and line bottom with baking parchment.
- 2 Combine all the cake ingredients, except the beetroot, in a large bowl.
- 3 Beat with a whisk until smooth and then fold in the beetroot.
- 4 Spoon the mixture into the prepared tin and bake in preheated oven at 180°C for 45-55 mins, until the cake is well risen and shrinking away from the tin.
- 5 Remove from the tin when cooked and leave to cool completely.
- 6 Make the icing:
Melt the butter in a saucepan, add the cocoa powder and stir over the heat for 1 minute.
- 7 Add the milk and the icing sugar and stir to combine. Remove from the heat and set aside to cool and thicken.
- 8 Slice the cake in half and spread a half of the icing in the middle and then place the other half on top.
- 9 Before serving, prepare dish to the required IDDSI level (omit icing for level 5).