



Flourless Red Velvet Cake



1/8th of cake: 127 calories, 5g total fat (2g sat. fat), 326mg sodium, 23.5g carbs, 4.5g fiber, 6g sugars, 6g protein

[Click for WW Points® value*](#)

Prep: 20 minutes **Cook:** 40 minutes

Cool: 1 hour



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

Frosting

1/4 cup reduced-fat cream cheese
2 tbsp. light whipped butter or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1/4 tsp. vanilla extract
3 tbsp. powdered sugar

Cake

One 15-oz. can chickpeas (garbanzo beans), drained and rinsed
1/2 cup unsweetened cocoa powder
1/2 cup (about 4 large) egg whites
1/3 cup unsweetened applesauce
1/3 cup canned pure pumpkin
1/4 cup [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener that's about twice as sweet as sugar; see *HG FYI*)
1 1/2 tsp. baking powder
1 tsp. vanilla extract
1/4 tsp. salt
2 1/2 tsp. red food coloring (like [this all-natural option](#)), or more as needed
1 tbsp. mini (or chopped) semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Line a 9" round cake pan with foil, and generously spray with nonstick spray.

In a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

Place all cake ingredients *except* food coloring and chocolate chips in a food processor. Puree until completely smooth and uniform.

Mix in food coloring. Fold in chocolate chips.

Spread mixture into the baking pan, and smooth out the top.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 35 - 40 minutes.

Let cool completely, about 1 hour.

Spread the top of the cake with frosting. Refrigerate leftovers.

HG Tip: For easy slicing, first remove the entire cake by lifting it out by the foil lining the pan.

MAKES 8 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the

amount called for in this recipe.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: January 7, 2016

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.