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Almost Vegan Cornmeal Snack Cake

READY IN



40 min.

SERVINGS



15

CALORIES



613 kcal

DESSERT

Ingredients

- ☐ 1 cup almond flour
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups mashed/pureed bananas with little water
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup canola oil
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 cup chocolate chips mini
- ☐ 1 cup cornmeal whole fine (use only grind)

- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup flax seed meal
- ☐ 15 servings water/milk as needed
- ☐ 1 cup pistachios coarsely chopped
- ☐ 1 cup cooking oats quick
- ☐ 1 cup raisins
- ☐ 1 cup brown rice milk
- ☐ 0.7 cup apple sauce unsweetened
- ☐ 1 cup walnut meal
- ☐ 1 cup pastry flour whole wheat

Equipment

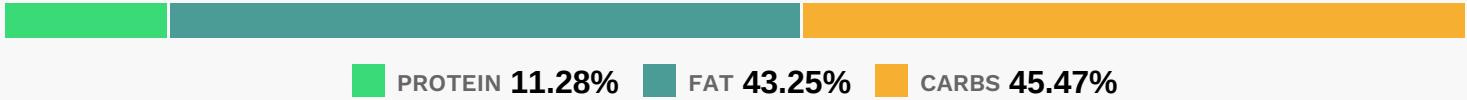
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ cake form
- ☐ spatula

Directions

- ☐ Preheat the oven for 15 minutes at 175C/350F. Grease a 9x13 inch baking pan with butter/non stick cooking spray. I lined it with parchment paper and then greased it also with cooking spray. In a large bowl combine together all the dry ingredients reserving the 1 tablespoon of chocolate chips. Mash 1 large ripe banana with a fork. I chopped the banana and used some of the milk to grind it into a creamy paste.
- ☐ Mix together all the wet ingredients together and stir it well.

- ☐ Pour the wet ingredients to the dry ingredients and combine it well without any lumps. I used another 1/4 cup of water to get the required consistency.
- ☐ Spread the batter in the prepared pan. Smooth it out with a spatula dipped in hot water and top it with the reserved chocolate chips.
- ☐ Bake it for 20–25 minutes or until a toothpick inserted in the middle of the cake comes out clean. Mine was done in 22 minutes.
- ☐ Transfer the pan to a wire rack and let it cool completely before you can remove the cake from the pan. After it is completely cooled, invert the cake pan to remove the cake and cut it into pieces.

Nutrition Facts



Properties

Glycemic Index:34.06, Glycemic Load:23.01, Inflammation Score:-7, Nutrition Score:23.048695533172%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 612.58kcal (30.63%), Fat: 30.65g (47.15%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 72.49g (24.16%), Net Carbohydrates: 64.43g (23.43%), Sugar: 30.29g (33.66%), Cholesterol: 30.18mg (10.06%), Sodium: 162.95mg (7.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.95%), Manganese: 1.72mg (86%), Phosphorus: 475.49mg (47.55%), Calcium: 385.23mg (38.52%), Magnesium: 136.76mg (34.19%), Vitamin B1: 0.5mg (33.04%), Fiber: 8.07g (32.26%), Vitamin B6: 0.61mg (30.75%), Vitamin B2: 0.44mg (25.94%), Copper: 0.46mg (23.23%), Potassium: 811.7mg (23.19%), Vitamin B12: 1.32µg (21.96%), Selenium: 14.76µg (21.08%), Vitamin D: 2.68µg (17.89%), Zinc: 2.68mg (17.86%), Iron: 2.72mg (15.09%), Vitamin B5: 1.48mg (14.78%), Vitamin B3: 2.14mg (10.68%), Vitamin E: 1.51mg (10.05%), Vitamin A: 460.17IU (9.2%), Folate: 32.29µg (8.07%), Vitamin K: 5.52µg (5.26%), Vitamin C: 2.91mg (3.53%)