



Aunt Verna's Orange Cake

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



158 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 pinch baking soda
- ☐ 8 servings butter for greasing
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup orange blossom honey
- ☐ 1 tablespoon orange zest

Equipment

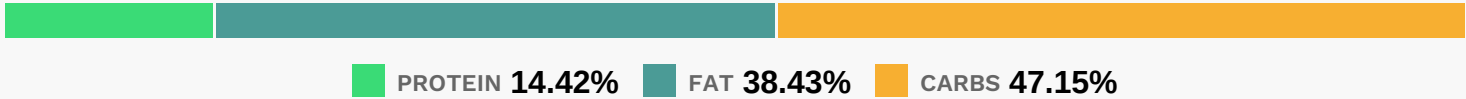
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In a large bowl, whisk together honey and eggs until thoroughly integrated. Stir in orange zest. Sift together flour, baking powder, and baking soda.
- ☐ Add slowly to egg mixture. Lightly grease a loaf pan with butter.
- ☐ Add the mixture to the pan and bake. After 30 minutes check for doneness with a wooden skewer. (If it comes out clean, you are done. If not, give it another 5 minutes and check it again).

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:13.07, Inflammation Score:-3, Nutrition Score:5.9917391059191%

Nutrients (% of daily need)

Calories: 157.9kcal (7.9%), Fat: 6.66g (10.25%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 17.68g (6.43%), Sugar: 0.16g (0.18%), Cholesterol: 103.75mg (34.58%), Sodium: 155.34mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Selenium: 15.68µg (22.4%), Folate: 55.02µg (13.75%), Vitamin B2: 0.23mg (13.67%), Vitamin B1: 0.2mg (13.01%), Iron: 1.59mg (8.82%), Phosphorus: 87.13mg (8.71%), Manganese: 0.17mg (8.34%), Vitamin B3: 1.41mg (7.06%), Vitamin A: 263.1IU (5.26%), Vitamin B5: 0.5mg (4.95%), Calcium: 49.3mg (4.93%), Vitamin B12: 0.23µg (3.85%), Vitamin D: 0.5µg (3.33%), Zinc: 0.49mg (3.29%), Fiber: 0.71g (2.85%), Vitamin B6: 0.05mg (2.71%), Vitamin E: 0.39mg (2.63%), Copper: 0.05mg (2.62%), Magnesium: 8.56mg (2.14%), Potassium: 62.47mg (1.78%), Vitamin C: 1.02mg (1.24%)