



Baby Food Cake I

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



342 kcal

DESSERT

Ingredients

- 4 ounce apricot baby food
- 4 eggs
- 4 ounce plum baby food
- 1 cup vegetable oil
- 0.5 cup walnuts chopped
- 18.3 ounce moist cake mix yellow
- 0.5 cup sugar white

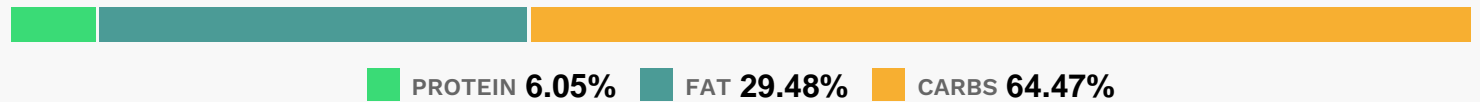
Equipment

- frying pan
- oven
- kugelhopf pan

Directions

- Preheat oven to 375 degrees F (175 degrees C). Grease and flour one 9 or 10 inch Bundt pan.
- Combine the cake mix, sugar, vegetable oil, eggs, apricot baby food and plum baby food.
- Mix for 2 minutes. Stir in walnuts and pour batter into the prepared pan.
- Bake at 375 degrees F (190 degrees C) for 1 hour. Wonderful with a light dusting of confectioner's sugar or with an almond frosting.

Nutrition Facts



Properties

Glycemic Index:17.04, Glycemic Load:7.93, Inflammation Score:-4, Nutrition Score:7.9586956708328%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 341.52kcal (17.08%), Fat: 11.39g (17.53%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 56.08g (18.69%), Net Carbohydrates: 54.68g (19.88%), Sugar: 34.77g (38.63%), Cholesterol: 65.47mg (21.82%), Sodium: 401.97mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Phosphorus: 219.9mg (21.99%), Manganese: 0.32mg (15.92%), Vitamin B2: 0.22mg (12.83%), Calcium: 127.01mg (12.7%), Folate: 50.77µg (12.69%), Selenium: 7.31µg (10.45%), Vitamin K: 10.83µg (10.31%), Vitamin B1: 0.15mg (10.21%), Iron: 1.62mg (9.02%), Copper: 0.16mg (7.95%), Vitamin E: 1.19mg (7.93%), Vitamin A: 353.74IU (7.07%), Vitamin B3: 1.39mg (6.96%), Fiber: 1.4g (5.59%), Vitamin B6: 0.11mg (5.53%), Vitamin B5: 0.53mg (5.34%), Magnesium: 18.46mg (4.61%), Zinc: 0.58mg

(3.88%), Potassium: 121.78mg (3.48%), Vitamin B12: 0.21µg (3.47%), Vitamin C: 2.29mg (2.77%), Vitamin D: 0.35µg (2.35%)