

Baby Food Cake III

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



345 kcal

DESSERT

Ingredients

- 0.3 cup apple sauce
- 2 teaspoons double-acting baking powder
- 3 eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 8 ounce plums
- 0.8 cup vegetable oil

- 1 cup walnut pieces chopped
- 1.5 cups granulated sugar white

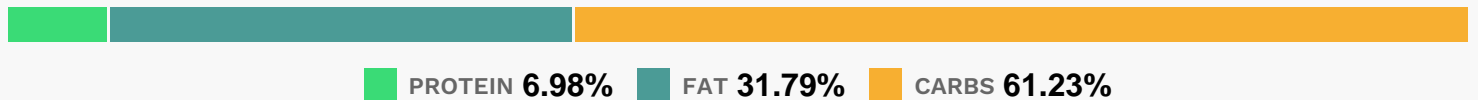
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- kugelhopf pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10-inch Bundt pan.
- Sift together the flour, baking powder, cinnamon, cloves and salt. Set aside.
- In a large bowl, combine sugar, eggs, and oil. Beat until smooth.
- Mix in baby food and nuts. Beat in flour mixture alternately with applesauce.
- Pour batter into the prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 45 minutes. Cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:35.99, Inflammation Score:-4, Nutrition Score:8.9856522083282%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg

Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 345.48kcal (17.27%), Fat: 12.58g (19.36%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 54.54g (18.18%), Net Carbohydrates: 52.45g (19.07%), Sugar: 33.2g (36.88%), Cholesterol: 49.1mg (16.37%), Sodium: 105.02mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Manganese: 0.72mg (35.91%), Selenium: 13.32µg (19.03%), Vitamin B1: 0.25mg (16.64%), Folate: 64.79µg (16.2%), Vitamin B2: 0.22mg (12.66%), Copper: 0.25mg (12.5%), Phosphorus: 115.44mg (11.54%), Iron: 1.93mg (10.74%), Vitamin B3: 1.72mg (8.62%), Fiber: 2.09g (8.37%), Vitamin K: 8.19µg (7.8%), Calcium: 76.16mg (7.62%), Magnesium: 28.06mg (7.01%), Vitamin B6: 0.11mg (5.28%), Zinc: 0.74mg (4.96%), Vitamin B5: 0.41mg (4.14%), Potassium: 140.19mg (4.01%), Vitamin E: 0.59mg (3.93%), Vitamin A: 154.97IU (3.1%), Vitamin C: 2.38mg (2.89%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)