

Boiled Raisin Cake I



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



295 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 4 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 2 cups raisins
- 0.5 teaspoon salt
- 0.5 cup vegetable oil

- 1 cup water cold
- 2 cups sugar white

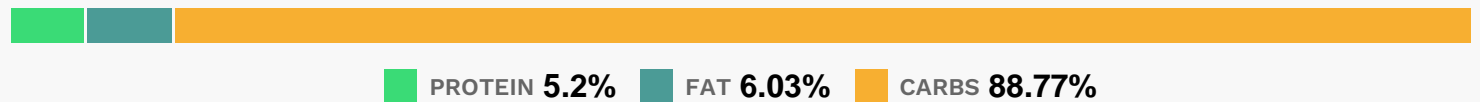
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- Boil raisins in 2 cups of water for 15 minutes.
- Remove from heat.
- Add vegetable oil and cold water to the raisins.
- Mix sugar, flour, spices, baking soda, and salt in a large bowl.
- Add the raisin mixture, and stir till just mixed.
- Pour into a greased and floured 9 x 13 inch baking pan, and bake for one hour in a preheated 350 degrees F (175 degrees C) oven. It is done if a toothpick comes out clean.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:45.19, Inflammation Score:-2, Nutrition Score:6.384782542758%

Nutrients (% of daily need)

Calories: 295.47kcal (14.77%), Fat: 2.04g (3.13%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 67.43g (22.48%), Net Carbohydrates: 65.07g (23.66%), Sugar: 26.75g (29.72%), Cholesterol: 0mg (0%), Sodium: 158.02mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Manganese: 0.39mg (19.38%), Vitamin B1: 0.28mg (18.93%), Selenium: 11.59µg (16.56%), Folate: 61.72µg (15.43%), Vitamin B2: 0.21mg (12.08%), Iron: 2.09mg (11.63%), Vitamin B3: 2.19mg (10.94%), Fiber: 2.36g (9.43%), Copper: 0.11mg (5.66%), Potassium: 198.12mg (5.66%), Phosphorus: 51.01mg (5.1%), Magnesium: 13.96mg (3.49%), Vitamin K: 3µg (2.86%), Vitamin B6: 0.05mg (2.6%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.16mg (1.56%), Calcium: 13.63mg (1.36%), Vitamin C: 1.05mg (1.28%), Vitamin E:

0.15mg (1.02%)