



Breakfast Cake

READY IN



60 min.

SERVINGS



15

CALORIES



152 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup brown sugar
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup milk
- 2 tablespoons shortening
- 1 teaspoon vanilla extract
- 1 cup sugar white

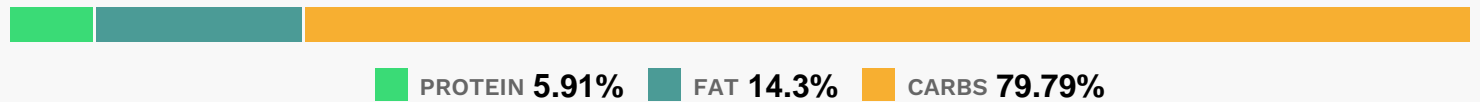
Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking pan.
- In a large bowl, cream together sugar and shortening. Stir in vanilla. Sift together flour and baking powder. Stir flour into sugar mixture alternately with milk.
- Mix until smooth.
- Pour batter into prepared pan and sprinkle with brown sugar and cinnamon.
- Bake in preheated oven until a toothpick inserted into center of the pan comes out clean, about 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:18.87, Inflammation Score:-1, Nutrition Score:3.1426086637151%

Nutrients (% of daily need)

Calories: 152.02kcal (7.6%), Fat: 2.43g (3.75%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 30.05g (10.93%), Sugar: 17.73g (19.7%), Cholesterol: 1.95mg (0.65%), Sodium: 36.05mg (1.57%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Protein: 2.27g (4.53%), Vitamin B1: 0.14mg (9.36%), Selenium: 6.09µg (8.7%), Folate: 30.54µg (7.64%), Manganese: 0.14mg (7.06%), Vitamin B2: 0.11mg (6.33%), Vitamin B3: 1.01mg (5.04%), Iron: 0.85mg (4.71%), Calcium: 42.74mg (4.27%), Phosphorus: 40.52mg (4.05%), Fiber: 0.52g (2.09%), Magnesium: 6.13mg (1.53%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.09µg (1.46%), Potassium: 48.4mg (1.38%), Copper: 0.03mg (1.37%), Zinc: 0.19mg (1.26%), Vitamin D: 0.18µg (1.19%)