



Cardamom-Date Snack Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 5 tablespoons butter softened

- ☐ 0.8 cup dates pitted chopped
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat a 9-inch square baking pan with cooking spray; set aside.
- ☐ Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour and next 5 ingredients (through cinnamon) in a large bowl; make a well in center of mixture.
- ☐ Combine 5 tablespoons butter and the next 4 ingredients (through eggs) in a medium bowl; beat with a mixer at medium speed until blended.
- ☐ Add to flour mixture; stir just until moist. Stir in dates. Spoon batter into prepared pan.
- ☐ To prepare topping, combine sliced almonds and remaining ingredients, stirring with a fork until blended.

- ☐
- Sprinkle evenly over batter.
- ☐
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:11.89, Inflammation Score:-3, Nutrition Score:5.0086956017691%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 218.25kcal (10.91%), Fat: 7.03g (10.81%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 34.79g (12.65%), Sugar: 21.52g (23.91%), Cholesterol: 48.04mg (16.01%), Sodium: 225.59mg (9.81%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 3.62g (7.24%), Selenium: 9.24µg (13.2%), Manganese: 0.22mg (11.19%), Vitamin B1: 0.15mg (9.96%), Folate: 38.53µg (9.63%), Vitamin B2: 0.16mg (9.44%), Iron: 1.29mg (7.16%), Vitamin B3: 1.21mg (6.03%), Phosphorus: 58.96mg (5.9%), Fiber: 1.47g (5.88%), Vitamin E: 0.77mg (5.14%), Calcium: 46.64mg (4.66%), Vitamin A: 209IU (4.18%), Copper: 0.08mg (3.88%), Magnesium: 15.31mg (3.83%), Potassium: 125.85mg (3.6%), Vitamin B5: 0.3mg (3.02%), Vitamin B6: 0.05mg (2.43%), Zinc: 0.34mg (2.27%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.19µg (1.25%)