



Cherry Nut Cake III



Vegetarian

READY IN

ready

90 min.

SERVINGS

servings

15

CALORIES

calories

310 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 4 ounce maraschino cherries drained
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

- ☐ 1 cup walnuts chopped
- ☐ 2 cups sugar white

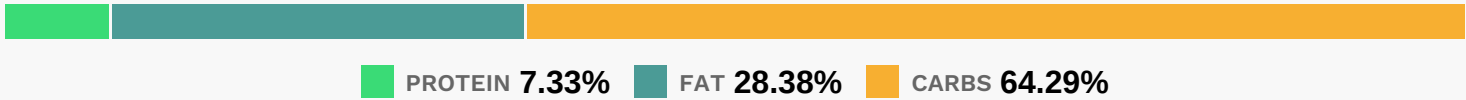
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- ☐ In a large bowl, mix together the flour, sugar, baking powder and baking soda. Make a well in the center and pour in the oil, eggs, milk and vanilla.
- ☐ Mix well, then stir in nuts and cherries.
- ☐ Pour into prepared pan.
- ☐ Bake in the preheated oven for 60 to 70 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:32.88, Inflammation Score:-3, Nutrition Score:7.3530434833273%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 310.3kcal (15.51%), Fat: 9.98g (15.35%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 49.39g (17.96%), Sugar: 30.68g (34.09%), Cholesterol: 45.6mg (15.2%), Sodium: 88.84mg (3.86%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 5.8g (11.59%), Manganese: 0.44mg (22.17%), Selenium: 12.94µg (18.49%), Vitamin B1: 0.24mg (15.78%), Folate: 58.91µg (14.73%), Vitamin B2: 0.22mg (12.74%), Phosphorus: 99.73mg (9.97%), Iron: 1.67mg (9.27%), Copper: 0.18mg (9.08%), Vitamin B3: 1.59mg (7.95%), Calcium: 58.02mg

(5.8%), Fiber: 1.44g (5.76%), Vitamin K: 5.83μg (5.55%), Magnesium: 21.59mg (5.4%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.08mg (4.16%), Vitamin B5: 0.4mg (3.99%), Vitamin B12: 0.19μg (3.2%), Potassium: 104.31mg (2.98%), Vitamin E: 0.44mg (2.95%), Vitamin D: 0.41μg (2.76%), Vitamin A: 94.67IU (1.89%)