



## Cherry Snack Cake

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



9

CALORIES



142 kcal

DESSERT

### Ingredients

- 0.3 cup agave nectar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup cherries pitted sliced
- 1 tablespoon flaxseeds whole (or)
- 0.5 cup fruit cocktail in juice 100% (such as apple, berry, or pomegranate)
- 0.5 teaspoon ground allspice
- 1.5 tablespoon juice of lemon

- 1 cup rolled oats whole instant quick (not )
- 0.5 teaspoon salt
- 0.3 cup apple sauce unsweetened
- 1.3 cup flour whole wheat white (I used flour)

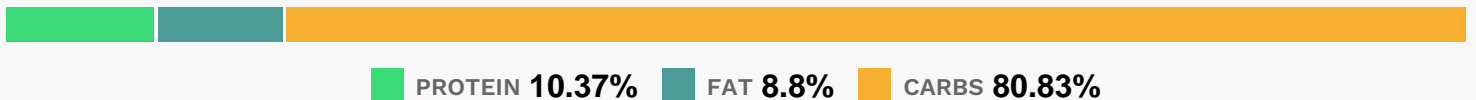
## Equipment

- frying pan
- oven
- blender
- toothpicks

## Directions

- Put the oats and flax seeds into a blender and grind until they are fine. (If you are using ground flax, no need to grind it—just add it with the other dry ingredients.) Stir a couple of times to make sure that they're uniformly ground.
- Mix the oat flour with the other dry ingredients. Make a well in the middle, add the remaining ingredients, including cherries, and stir until moistened and completely combined, but don't over-mix.
- Pour into the prepared pan (batter will be thick).
- Bake for 30–40 minutes, until a toothpick inserted in the middle comes out clean. Allow to cool for at least 15 minutes. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:28.53, Glycemic Load:4.34, Inflammation Score:-1, Nutrition Score:4.0965217675852%

## Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.05mg,

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## **Nutrients (% of daily need)**

Calories: 141.94kcal (7.1%), Fat: 1.44g (2.22%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 26.46g (9.62%), Sugar: 9.85g (10.94%), Cholesterol: 0mg (0%), Sodium: 286.26mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Manganese: 0.38mg (19.11%), Fiber: 3.38g (13.51%), Calcium: 75.36mg (7.54%), Phosphorus: 68.59mg (6.86%), Iron: 1.05mg (5.81%), Vitamin B1: 0.08mg (5.31%), Magnesium: 20.06mg (5.01%), Vitamin C: 3.69mg (4.47%), Selenium: 3.07µg (4.39%), Potassium: 118.89mg (3.4%), Copper: 0.06mg (3.2%), Zinc: 0.4mg (2.64%), Vitamin B6: 0.05mg (2.36%), Vitamin B2: 0.04mg (2.34%), Vitamin K: 2.43µg (2.31%), Folate: 7.72µg (1.93%), Vitamin B5: 0.16mg (1.56%), Vitamin B3: 0.24mg (1.19%), Vitamin E: 0.15mg (1.01%)