



Chunky Fresh Mango Cake

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



403 kcal

DESSERT

Ingredients

- 0.5 cup sugar
- 0.3 cup canola oil
- 1 large eggs room temperature
- 0.5 cup flour all-purpose
- 0.8 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg

- 0.8 cup mangos peeled chopped
- 0.3 cup pecans chopped
- 1 serving p of sugar

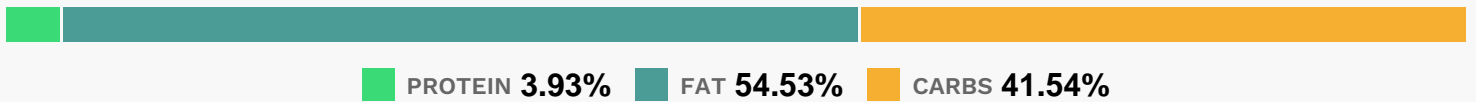
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a small bowl, beat the sugar, oil and egg until well blended. In another bowl, combine the flour, baking powder, salt, cinnamon and nutmeg; gradually beat into sugar mixture and mix well. Fold in mango and pecans.
- Transfer to a greased 6-in. round baking pan.
- Bake at 375° for 25–30 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
- Garnish with confectioners' sugar and whipped topping if desired.

Nutrition Facts



Properties

Glycemic Index:93.46, Glycemic Load:28.46, Inflammation Score:-4, Nutrition Score:8.5578260525413%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg,

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 402.68kcal (20.13%), Fat: 25.14g (38.67%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 41.44g (15.07%), Sugar: 29.57g (32.85%), Cholesterol: 46.5mg (15.5%), Sodium: 243.49mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin E: 3.78mg (25.23%), Manganese: 0.46mg (23.06%), Vitamin K: 14.97µg (14.26%), Selenium: 9.74µg (13.91%), Vitamin C: 11.34mg (13.75%), Folate: 49.33µg (12.33%), Vitamin B1: 0.18mg (12.1%), Vitamin B2: 0.16mg (9.4%), Phosphorus: 81.47mg (8.15%), Vitamin A: 406.49IU (8.13%), Copper: 0.15mg (7.53%), Iron: 1.27mg (7.08%), Fiber: 1.65g (6.61%), Calcium: 63.29mg (6.33%), Vitamin B3: 1.22mg (6.11%), Magnesium: 16.67mg (4.17%), Zinc: 0.61mg (4.09%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.38mg (3.8%), Potassium: 115.31mg (3.29%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)