

Cinnamon Nut Cake

 Dairy Free

READY IN



55 min.

SERVINGS



14

CALORIES



265 kcal

DESSERT

Ingredients

- 1 package cake mix yellow (regular size)
- 3 large eggs room temperature
- 1.3 cups water
- 0.3 cup canola oil
- 1.3 cups walnut pieces finely chopped
- 7.5 teaspoons sugar
- 4.5 teaspoons ground cinnamon

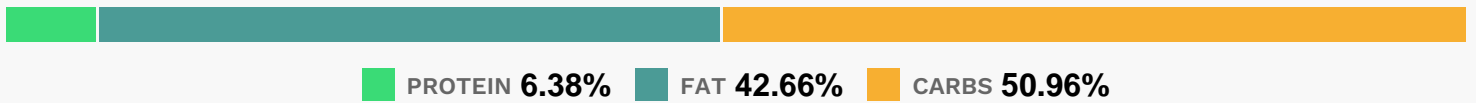
Equipment

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

Directions

- In a large bowl, combine the cake mix, eggs, water and oil. Beat on medium speed for 2 minutes.
- Combine walnuts, sugar and cinnamon.
- Sprinkle a third of the nut mixture into a greased 10-in. fluted tube pan. Top with half of the batter and another third of the nut mixture. Repeat layers.
- Bake at 350° for 35–40 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.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:6.756086860014%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg

Nutrients (% of daily need)

Calories: 264.74kcal (13.24%), Fat: 12.87g (19.8%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 33.11g (12.04%), Sugar: 18.45g (20.5%), Cholesterol: 39.86mg (13.29%), Sodium: 285.48mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.54mg (27.13%), Phosphorus: 172.25mg (17.22%), Copper: 0.21mg (10.32%), Calcium: 101.3mg (10.13%), Folate: 40.42µg (10.11%), Vitamin B2: 0.15mg (8.86%), Vitamin B1: 0.13mg (8.36%), Vitamin E: 1.24mg (8.27%), Iron: 1.31mg (7.3%), Selenium: 4.94µg (7.06%), Fiber: 1.48g (5.94%), Magnesium: 22.09mg (5.52%), Vitamin B6: 0.1mg (5.19%), Vitamin B3: 0.99mg (4.94%), Vitamin K: 4.44µg (4.23%), Zinc: 0.57mg (3.83%), Vitamin B5: 0.36mg (3.61%), Potassium: 81.02mg (2.31%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.21µg (1.43%), Vitamin A: 61.84IU (1.24%)