



Cooky Corn Cake

READY IN



45 min.

SERVINGS



15

CALORIES



352 kcal

SIDE DISH

Ingredients

- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 14.8 ounce regular corn cream-style canned
- 2.5 cups confectioners' sugar
- 0.5 cup brown sugar dark packed
- 3 eggs
- 2.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup heavy whipping cream

- 0.5 cup raisins
- 1 teaspoon salt
- 4 tablespoons butter unsalted
- 1 cup vegetable oil
- 0.5 cup walnuts chopped
- 0.8 cup sugar white

Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 13x9 inch pan.
- Combine the creamed corn with the white sugar and 1/2 cup of the dark brown sugar. Stir in the eggs and the oil.
- Combine the baking powder, flour, baking soda, salt and ground cinnamon.
- Add the nuts and raisins.
- Add the flour mixture to the corn mixture and stir until just combined.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes.
- Let cake cool completely then frost.
- To Make Frosting: Bring the butter and 1/2 cup dark brown sugar to a boil.
- Remove from the heat.
- Add the heavy cream and the confectioners' sugar.
- Mix until of frosting consistency.
- Add more confectioners' sugar if necessary. Use to frost cooled cake.

Nutrition Facts



■ PROTEIN 4.86% ■ FAT 27.55% ■ CARBS 67.59%

Properties

Glycemic Index:21.39, Glycemic Load:19.63, Inflammation Score:-3, Nutrition Score:6.4869565238123%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 351.59kcal (17.58%), Fat: 11.11g (17.09%), Saturated Fat: 3.84g (24.03%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 59.8g (21.75%), Sugar: 37.86g (42.07%), Cholesterol: 45.24mg (15.08%), Sodium: 403.9mg (17.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Manganese: 0.33mg (16.26%), Selenium: 9.82µg (14.03%), Folate: 54.75µg (13.69%), Vitamin B1: 0.18mg (11.81%), Vitamin B2: 0.18mg (10.4%), Phosphorus: 90.11mg (9.01%), Iron: 1.54mg (8.58%), Vitamin B3: 1.49mg (7.46%), Calcium: 72.09mg (7.21%), Copper: 0.13mg (6.58%), Fiber: 1.5g (6.01%), Vitamin K: 5.96µg (5.68%), Magnesium: 18.84mg (4.71%), Vitamin A: 220.93IU (4.42%), Potassium: 142.42mg (4.07%), Vitamin B6: 0.08mg (3.78%), Zinc: 0.54mg (3.62%), Vitamin E: 0.51mg (3.43%), Vitamin B5: 0.32mg (3.16%), Vitamin D: 0.3µg (1.97%), Vitamin C: 1.48mg (1.8%), Vitamin B12: 0.09µg (1.52%)