

Eggless, Milkless, Butterless Cake II

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



290 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 2.3 cups cake flour sifted
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 1 cup raisins
- 0.5 teaspoon salt

0.3 cup shortening

1 cup water

Equipment

sauce pan

oven

loaf pan

Directions

Combine the sugar, water, shortening, raisins, spices, and salt in a medium saucepan. Bring to a boil over medium heat, and stir while cooking for 3 minutes. Cool.

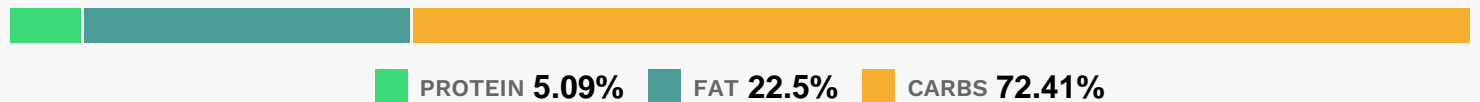
Measure flour, soda, and baking powder, and sift together.

Gradually stir dry ingredients into raisin mixture. Beat well. If an almond cake is desired, stir in almond extract and almonds.

Pour batter into a greased 8 x 4 inch loaf pan.

Bake at 325 degrees F (165 degrees C) for about 1 hour.

Nutrition Facts



Properties

Glycemic Index:29.28, Glycemic Load:19.47, Inflammation Score:-1, Nutrition Score:4.077391244714%

Nutrients (% of daily need)

Calories: 289.74kcal (14.49%), Fat: 7.42g (11.41%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 51.92g (18.88%), Sugar: 21.46g (23.84%), Cholesterol: 0mg (0%), Sodium: 290.99mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Selenium: 11.53µg (16.47%), Manganese: 0.31mg (15.69%), Fiber: 1.79g (7.16%), Calcium: 58.96mg (5.9%), Copper: 0.11mg (5.55%), Potassium: 178.35mg (5.1%), Phosphorus: 50.33mg (5.03%), Iron: 0.87mg (4.81%), Vitamin K: 3.78µg (3.6%), Vitamin E: 0.54mg (3.57%), Magnesium: 14.04mg (3.51%), Vitamin B1: 0.04mg (2.7%), Vitamin B2: 0.04mg (2.55%), Folate: 10.02µg (2.51%), Vitamin B6: 0.05mg (2.36%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.28mg (1.87%)