



Fabulous Oatmeal-Bran Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



222 kcal

DESSERT

Ingredients

- 0.5 cup bran cereal whole
- 1 teaspoon baking soda
- 2 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup brown sugar light packed
- 0.5 cup rolled oats
- 0.5 teaspoon salt

- 0.5 cup shortening
- 1.5 cups water boiling
- 1 cup sugar white

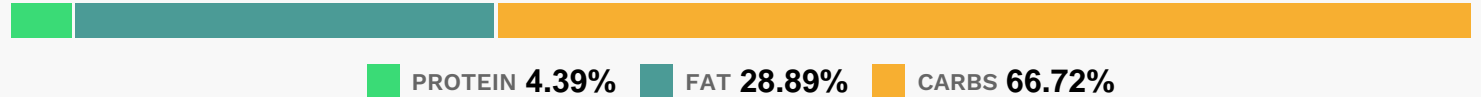
Equipment

- oven
- toothpicks

Directions

- Pour boiling water over oats and bran cereal, and let stand 10 minutes.
- Combine the remaining ingredients, and add oat mixture to them.
- Pour into two 8 or 9 inch pans.
- Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes. To make muffins bake about 15 minutes, or until toothpick comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:16.17, Inflammation Score:-2, Nutrition Score:5.53913043763333%

Nutrients (% of daily need)

Calories: 222.46kcal (11.12%), Fat: 7.35g (11.3%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 36.97g (13.44%), Sugar: 26.2g (29.1%), Cholesterol: 20.46mg (6.82%), Sodium: 159.62mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Manganese: 0.35mg (17.42%), Vitamin B6: 0.26mg (12.77%), Folate: 50.37µg (12.59%), Vitamin B1: 0.15mg (10.08%), Selenium: 6.82µg (9.74%), Vitamin B2: 0.14mg (8.35%), Vitamin B12: 0.41µg (6.89%), Iron: 1.21mg (6.71%), Phosphorus: 56.85mg (5.68%), Vitamin B3: 1.03mg (5.14%), Fiber: 1.21g (4.83%), Magnesium: 15.28mg (3.82%), Vitamin K: 3.65µg (3.48%), Zinc: 0.5mg (3.3%), Vitamin E: 0.49mg (3.29%), Copper: 0.06mg (3.1%), Calcium: 27.26mg (2.73%), Vitamin B5: 0.25mg (2.47%), Potassium: 68.16mg (1.95%), Vitamin D: 0.19µg (1.29%), Vitamin A: 63.92IU (1.28%)