



Festive Prune Cake

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



288 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 eggs
- 2 cups flour all-purpose
- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 1 cup prune- cut to pieces

- 1 cup prune- cut to pieces cooked chopped
- 1 teaspoon salt
- 0.5 cup shortening
- 1 cup walnut pieces chopped
- 1 cup granulated sugar white

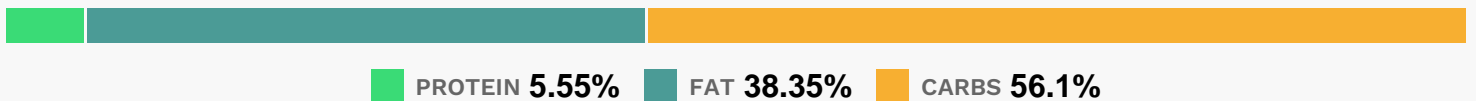
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch baking pan.
- Sift the flour, baking soda, salt, ground cinnamon, nutmeg, cloves and allspice. Set aside.
- Cream the shortening with the white sugar. Blend in the eggs one at a time and beat well for 1 minute.
- Add the dry ingredients alternately with the prune juice. Stir in the prunes and nuts.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 30 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:20.87, Glycemic Load:22.45, Inflammation Score:-3, Nutrition Score:7.3108695667723%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 288.17kcal (14.41%), Fat: 12.79g (19.68%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 39.39g (14.32%), Sugar: 22.43g (24.92%), Cholesterol: 21.82mg (7.27%), Sodium: 237.82mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Manganese: 0.5mg (24.86%), Vitamin K: 17.81µg (16.96%), Vitamin B1: 0.17mg (11.55%), Selenium: 7.99µg (11.42%), Copper: 0.22mg (10.98%), Fiber: 2.72g (10.86%), Folate: 41.88µg (10.47%), Vitamin B2: 0.17mg (9.81%), Vitamin B3: 1.52mg (7.58%), Iron: 1.35mg (7.5%), Phosphorus: 72.84mg (7.28%), Potassium: 231.83mg (6.62%), Magnesium: 26.48mg (6.62%), Vitamin B6: 0.11mg (5.36%), Vitamin E: 0.65mg (4.34%), Vitamin A: 215.09IU (4.3%), Zinc: 0.54mg (3.61%), Vitamin B5: 0.35mg (3.52%), Calcium: 25.53mg (2.55%)