



Fruit Cocktail Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 16 ounce fruit cocktail canned
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

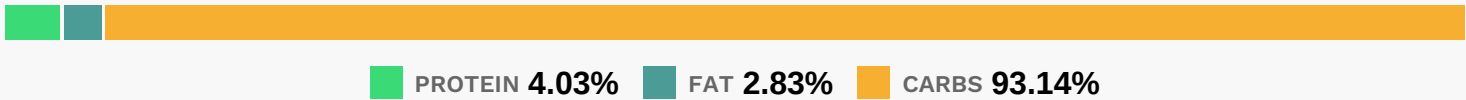
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x9 inch square baking pan.
- ☐ Combine the flour, white sugar, egg, baking soda, vanilla and undrained fruit cocktail.
- ☐ Mix until blended.
- ☐ Pour batter into the prepared pan and sprinkle the top with the brown sugar.
- ☐ Bake at 350 degrees F (175 degrees C) for 40 minutes or until golden brown and firm.

Nutrition Facts



Properties

Glycemic Index:25.01, Glycemic Load:30.42, Inflammation Score:-2, Nutrition Score:3.9495652421661%

Nutrients (% of daily need)

Calories: 247kcal (12.35%), Fat: 0.8g (1.22%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 58.88g (19.63%), Net Carbohydrates: 57.89g (21.05%), Sugar: 46.31g (51.46%), Cholesterol: 20.46mg (6.82%), Sodium: 152.47mg (6.63%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 2.55g (5.1%), Selenium: 7.58µg (10.84%), Manganese: 0.2mg (10.12%), Vitamin B1: 0.14mg (9.01%), Folate: 33.02µg (8.25%), Vitamin B2: 0.12mg (6.96%), Iron: 1.1mg (6.09%), Vitamin B3: 1.16mg (5.8%), Fiber: 0.99g (3.96%), Copper: 0.07mg (3.74%), Phosphorus: 34.58mg (3.46%), Vitamin A: 147.63IU (2.95%), Potassium: 94.3mg (2.69%), Vitamin B6: 0.05mg (2.55%), Vitamin E: 0.35mg (2.34%), Vitamin B5: 0.21mg (2.06%), Magnesium: 8.23mg (2.06%), Calcium: 20.54mg (2.05%), Zinc: 0.24mg (1.59%), Vitamin K: 1.54µg (1.46%), Vitamin C: 1.08mg (1.31%)