



## Fruit Cocktail Cake I

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 1 eggs
- 1 cup flour all-purpose
- 16 ounce fruit cocktail canned
- 0.5 teaspoon salt
- 1 cup sugar white

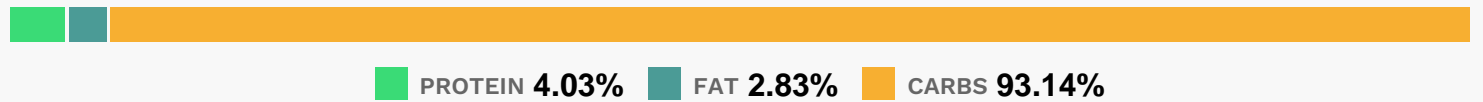
### Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Spray one 8 x 8 inch square baking pan with cooking spray.
- In a medium sized bowl combine flour, white sugar, salt, baking powder, egg, and fruit cocktail.
- Mix until just combined and pour into the prepared pan.
- Sprinkle top with the brown sugar.
- Bake at 32 degrees F (165 degrees C) for 45 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:36.51, Glycemic Load:30.55, Inflammation Score:-2, Nutrition Score:4.1339130479357%

## Nutrients (% of daily need)

Calories: 245.82kcal (12.29%), Fat: 0.8g (1.22%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 58.96g (19.65%), Net Carbohydrates: 57.97g (21.08%), Sugar: 46.25g (51.39%), Cholesterol: 20.46mg (6.82%), Sodium: 213.97mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Selenium: 7.59µg (10.84%), Manganese: 0.2mg (10.08%), Vitamin B1: 0.14mg (9%), Folate: 33.02µg (8.25%), Vitamin B2: 0.12mg (6.93%), Iron: 1.15mg (6.4%), Vitamin B3: 1.16mg (5.79%), Calcium: 49.96mg (5%), Phosphorus: 45.51mg (4.55%), Fiber: 0.99g (3.96%), Copper: 0.07mg (3.73%), Vitamin A: 147.63IU (2.95%), Potassium: 93.69mg (2.68%), Vitamin B6: 0.05mg (2.54%), Vitamin E: 0.35mg (2.34%), Magnesium: 8.31mg (2.08%), Vitamin B5: 0.21mg (2.05%), Zinc: 0.24mg (1.59%), Vitamin K: 1.54µg (1.46%), Vitamin C: 1.08mg (1.31%)