



## Fruit Cocktail Cake V

 Dairy Free

READY IN



55 min.

SERVINGS



15

CALORIES



267 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 1 cup brown sugar
- 2 eggs
- 2.3 cups flour all-purpose
- 15.3 ounce fruit cocktail canned
- 1 teaspoon ground cinnamon
- 0.3 cup butter softened
- 1 teaspoon salt

- 0.8 cup semi chocolate chips
- 0.8 cup walnut pieces chopped

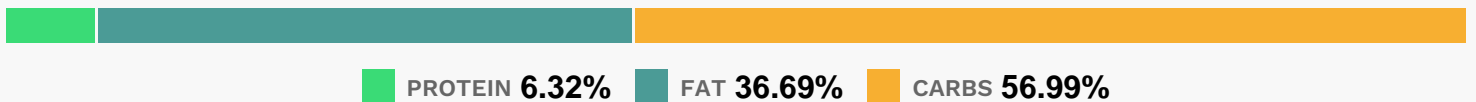
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking soda, cinnamon and salt. Set aside.
- In a large bowl, cream together the margarine and brown sugar until light and fluffy. Beat in the eggs one at a time. Beat in the flour mixture, then stir in the fruit cocktail and syrup, mixing just until combined. Stir in the walnuts and chocolate chips.
- Pour batter into prepared pan.
- Bake in the preheated oven for 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:12.64, Inflammation Score:-4, Nutrition Score:6.7900000395982%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

## Nutrients (% of daily need)

Calories: 266.7kcal (13.34%), Fat: 11.07g (17.03%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 36.72g (13.35%), Sugar: 21.77g (24.19%), Cholesterol: 22.36mg (7.45%), Sodium: 352.2mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.74mg (2.58%), Protein: 4.29g (8.58%), Manganese: 0.52mg (26.2%), Selenium: 9.53µg (13.61%), Copper: 0.26mg (13.21%), Vitamin B1: 0.18mg (11.86%), Folate: 43.86µg (10.96%),

Iron: 1.91mg (10.62%), Magnesium: 32.87mg (8.22%), Vitamin B2: 0.14mg (8.21%), Phosphorus: 80.22mg (8.02%),  
Fiber: 1.98g (7.91%), Vitamin B3: 1.38mg (6.9%), Vitamin A: 233.02IU (4.66%), Zinc: 0.66mg (4.4%), Potassium:  
152.34mg (4.35%), Vitamin B6: 0.07mg (3.7%), Calcium: 33.88mg (3.39%), Vitamin E: 0.43mg (2.88%), Vitamin B5:  
0.27mg (2.73%), Vitamin K: 1.67µg (1.59%), Vitamin B12: 0.07µg (1.2%)