



Fruit Cocktail Cake VI

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 7 ounce coconut or flaked
- ☐ 2 eggs
- ☐ 5 ounce evaporated milk canned
- ☐ 2 cups flour all-purpose
- ☐ 15.3 ounce fruit cocktail with juice canned

- ☐ 2 pinches salt
- ☐ 0.5 cup walnuts chopped
- ☐ 0.8 cup sugar white

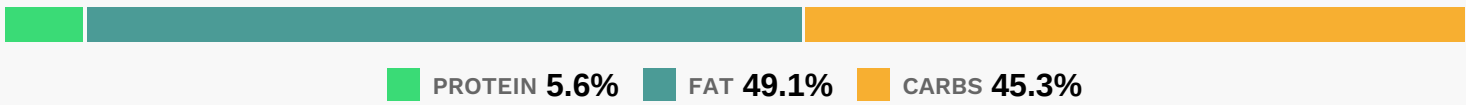
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce 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 and salt. Set aside.
- ☐ In a large bowl, Beat eggs and 1 1/2 cups white sugar together until smooth. Beat in flour mixture and fruit cocktail with juice.
- ☐ Spread into prepared pan.
- ☐ Mix together the brown sugar and chopped nuts; sprinkle on top of cake.
- ☐ Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Remove from oven and immediately poke holes in cake with fork.
- ☐ Pour topping over cake.
- ☐ To make the topping: In a small saucepan, combine sugar, butter and evaporated milk. Bring to a boil, and stir in coconut.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:18.45, Inflammation Score:-4, Nutrition Score:7.4660869940468%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 331.68kcal (16.58%), Fat: 18.7g (28.78%), Saturated Fat: 12.34g (77.15%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 35.68g (12.97%), Sugar: 23.2g (25.78%), Cholesterol: 40.83mg (13.61%), Sodium: 273.79mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Manganese: 0.66mg (32.99%), Selenium: 10.68µg (15.25%), Fiber: 3.16g (12.62%), Copper: 0.22mg (11.07%), Vitamin B1: 0.16mg (10.96%), Folate: 40.19µg (10.05%), Vitamin B2: 0.17mg (9.88%), Phosphorus: 94.83mg (9.48%), Iron: 1.59mg (8.83%), Magnesium: 26.96mg (6.74%), Vitamin B3: 1.25mg (6.25%), Vitamin A: 304.09IU (6.08%), Potassium: 181.03mg (5.17%), Vitamin B6: 0.1mg (5.03%), Calcium: 47.48mg (4.75%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.49mg (3.28%), Vitamin K: 1.55µg (1.47%), Vitamin B12: 0.08µg (1.34%), Vitamin C: 0.98mg (1.18%)