



Garden Harvest Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup carrots grated (1 medium)
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup apples i use 2 granny smith apples grated peeled (1 medium)
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup nonfat buttermilk

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 0.5 cup zucchini shredded

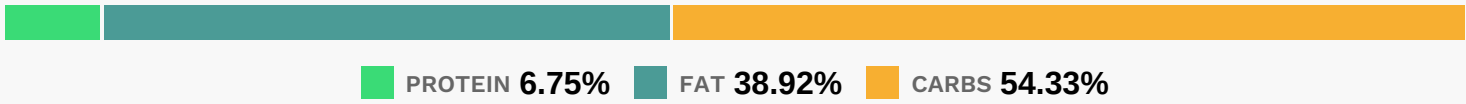
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and the next 4 ingredients (through salt) in a large bowl, stirring with a whisk.
- ☐ Add grated apple, grated carrot, shredded zucchini, and walnuts to flour mixture; toss well.
- ☐ Combine canola oil, buttermilk, and eggs in a small bowl, stirring with a whisk.
- ☐ Add egg mixture to flour mixture, stirring just until combined. Spoon batter into an 8 x 4inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pan on a wire rack; remove cake from pan. Cool completely on wire rack before slicing.

Nutrition Facts



Properties

Glycemic Index:29.32, Glycemic Load:19.86, Inflammation Score:-7, Nutrition Score:6.1773913580438%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 218.16kcal (10.91%), Fat: 9.64g (14.84%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 29.03g (10.56%), Sugar: 18.37g (20.41%), Cholesterol: 41.46mg (13.82%), Sodium: 214.1mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin A: 1267.47IU (25.35%), Manganese: 0.31mg (15.6%), Selenium: 8.41µg (12.02%), Folate: 37.06µg (9.27%), Vitamin B1: 0.13mg (8.91%), Vitamin E: 1.31mg (8.76%), Vitamin B2: 0.14mg (8.24%), Vitamin K: 6.13µg (5.83%), Iron: 1.03mg (5.75%), Phosphorus: 54.4mg (5.44%), Fiber: 1.26g (5.05%), Vitamin B3: 0.98mg (4.89%), Copper: 0.09mg (4.56%), Vitamin B6: 0.07mg (3.35%), Magnesium: 12.23mg (3.06%), Vitamin B5: 0.29mg (2.89%), Potassium: 94.96mg (2.71%), Zinc: 0.39mg (2.62%), Vitamin C: 2.11mg (2.56%), Calcium: 20.87mg (2.09%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.22µg (1.48%)