



Gluten-Free Honey Cake (Traditional for Rosh Hashanah)

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



281 kcal

DESSERT

Ingredients

- 0.8 cup sugar white
- 1 cup honey
- 0.3 cup vegetable oil
- 0.3 cup apple sauce
- 4 eggs
- 2 teaspoons orange zest grated
- 1 cup orange juice

- 3 cups pancake mix gluten-free ()
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cover the bottom of a 9" circular baking pan with parchment paper, then spray the inside of the pan lightly with baking spray.
- Stir together the flour mix, baking powder, baking soda, nutmeg, cinnamon and salt. Set aside.
- Separate the eggs. In one bowl, beat the egg whites until they form stiff peaks. In another bowl, combine egg yolks, sugar, honey, oil, applesauce and orange zest.
- Using a whisk or hand beater, add the flour mixture and orange juice to the wet mixture slowly. When mixed thoroughly, fold the egg whites carefully into the batter, stirring just until ingredients are fully combined.
- Pour batter into pan, and bake in the preheated oven for 45-50 minutes or until a toothpick inserted into the cake's center comes out with just a few crumbs on it.

Remove from oven and allow to cool before carefully removing from pan and placing onto a cooling rack.

Nutrition Facts

PROTEIN 6.43% **FAT 26.56%** **CARBS 67.01%**

Properties

Glycemic Index:22.61, Glycemic Load:13.38, Inflammation Score:-2, Nutrition Score:5.8991304584171%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 280.6kcal (14.03%), Fat: 8.52g (13.11%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 48.37g (16.12%), Net Carbohydrates: 47.46g (17.26%), Sugar: 37.89g (42.1%), Cholesterol: 77.64mg (25.88%), Sodium: 382.3mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Phosphorus: 147.1mg (14.71%), Vitamin C: 11.18mg (13.55%), Calcium: 115.56mg (11.56%), Selenium: 7.96µg (11.37%), Vitamin B2: 0.19mg (11%), Vitamin K: 8.49µg (8.09%), Folate: 25.68µg (6.42%), Vitamin B1: 0.09mg (6.12%), Manganese: 0.11mg (5.7%), Iron: 0.97mg (5.41%), Vitamin B5: 0.45mg (4.52%), Potassium: 150.16mg (4.29%), Vitamin A: 205.23IU (4.1%), Vitamin B12: 0.24µg (4.02%), Vitamin B6: 0.08mg (3.82%), Fiber: 0.91g (3.65%), Vitamin E: 0.55mg (3.64%), Zinc: 0.52mg (3.44%), Magnesium: 12.61mg (3.15%), Vitamin B3: 0.54mg (2.69%), Copper: 0.05mg (2.47%), Vitamin D: 0.29µg (1.96%)