

Grandma B's Rhubarb Cake

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



293 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 1 teaspoon double-acting baking powder
- 1 teaspoon vanilla (or vanilla)
- 1.5 cups brown sugar
- 1.5 cups brown sugar
- 2 teaspoons cinnamon
- 0.3 cup coconut or
- 1 eggs

- 2 cups flour all-purpose
- 4 cups rhubarb finely sliced
- 0.5 teaspoon salt
- 1 cup skim milk
- 0.5 cup sugar
- 0.3 cup walnut pieces chopped

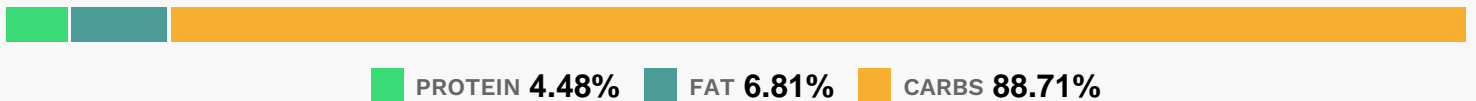
Equipment

- frying pan
- oven

Directions

- Mix together cake ingredients and pour into a 9x13 pan sprayed with non-stick.
- Combine sugar, cinnamon and coconut, top cake with mixture and walnuts.
- Bake for 30 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:14.34, Inflammation Score:-2, Nutrition Score:5.9273913043478%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 292.57kcal (14.63%), Fat: 2.27g (3.49%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 66.53g (22.18%), Net Carbohydrates: 65.01g (23.64%), Sugar: 51.51g (57.23%), Cholesterol: 11.4mg (3.8%), Sodium: 131.19mg (5.7%), Protein: 3.36g (6.73%), Manganese: 0.34mg (17.16%), Selenium: 8.07µg (11.52%), Calcium: 111.11mg (11.11%), Vitamin B1:

0.16mg (10.49%), Folate: 37.44µg (9.36%), Vitamin K: 9.77µg (9.31%), Vitamin B2: 0.13mg (7.89%), Iron: 1.37mg (7.62%), Potassium: 222.49mg (6.36%), Phosphorus: 62.29mg (6.23%), Fiber: 1.52g (6.07%), Vitamin B3: 1.19mg (5.96%), Copper: 0.09mg (4.73%), Magnesium: 17.86mg (4.47%), Vitamin C: 2.76mg (3.35%), Vitamin B6: 0.06mg (3.08%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.12µg (2.01%), Vitamin A: 85.88IU (1.72%), Vitamin D: 0.24µg (1.59%), Vitamin E: 0.16mg (1.1%)