

Guava Cake

READY IN



45 min.

SERVINGS



15

CALORIES



331 kcal

DESSERT

Ingredients

- 1.3 teaspoons baking soda
- 1 cup butter
- 3 cups cake flour
- 4 eggs
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 1 cup guava pulp
- 0.5 cup guava nectar

2 cups sugar white

Equipment

bowl

frying pan

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 13x9 inch pan.

Sift together flour, nutmeg, soda, cinnamon, and cloves.

In another bowl, mix together guava pulp and juice.

In another bowl, cream together butter and sugar.

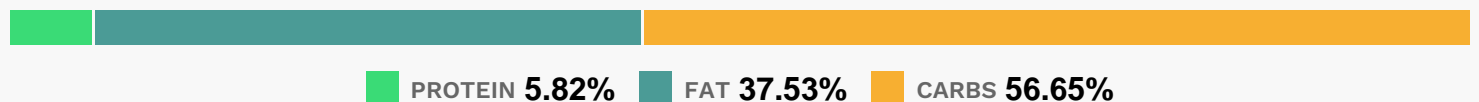
Add eggs, one at a time.

Add flour mixture and guava mixture alternately to creamed mixture.

Pour batter into prepared pan.

Bake at 350 degrees F (175 degrees C) for 30–35 minutes.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:31.03, Inflammation Score:-4, Nutrition Score:5.7652175115502%

Nutrients (% of daily need)

Calories: 331.32kcal (16.57%), Fat: 14.05g (21.62%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 47.72g (15.91%), Net Carbohydrates: 46.38g (16.87%), Sugar: 28.8g (32%), Cholesterol: 76.18mg (25.39%), Sodium: 206.86mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin C: 26.73mg (32.4%), Selenium: 13.91µg (19.87%), Manganese: 0.25mg (12.6%), Vitamin A: 513.9IU (10.28%), Phosphorus: 56.02mg (5.6%), Fiber: 1.33g (5.34%), Folate: 19.97µg (4.99%), Vitamin B2: 0.08mg (4.92%), Vitamin E: 0.66mg (4.42%), Copper: 0.08mg (4.21%), Vitamin B5: 0.36mg (3.63%), Magnesium: 10.98mg (2.75%), Zinc: 0.41mg (2.75%), Potassium: 95.36mg (2.72%), Iron: 0.49mg (2.7%), Vitamin B1: 0.03mg (2.24%), Vitamin B12: 0.13µg (2.17%), Vitamin B6: 0.04mg (2.15%), Vitamin B3: 0.4mg (2.01%), Calcium: 17.91mg (1.79%), Vitamin D: 0.23µg (1.56%), Vitamin K: 1.58µg (1.5%)