

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

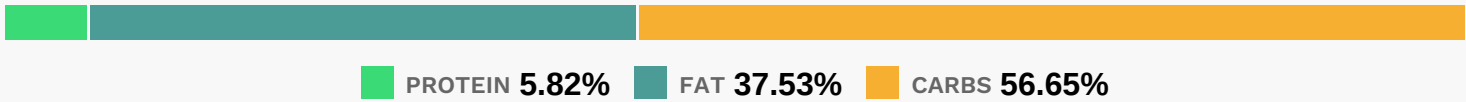
Equipment

- ☐ 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%), Zinc: 0.41mg (2.75%), Magnesium: 10.98mg (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%)