



Honey and Spice Loaf Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 1 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.7 cup honey
- ☐ 1 cup raisins

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup water boiling

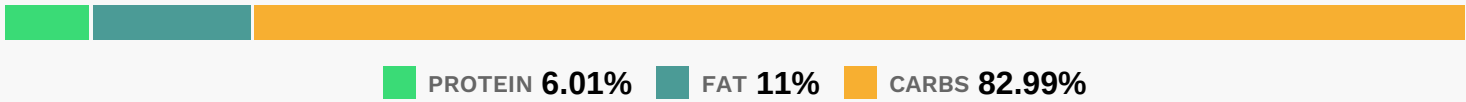
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 325°F. Butter and flour 9x5x3-inch metal loaf pan.
- ☐ Whisk first 6 ingredients in medium bowl to blend. Using electric mixer, beat honey, sugar, oil and eggs in large bowl until blended, about 3 minutes. Beat in dry ingredients in 2 additions. Beat in 1/2 cup boiling water. Stir in raisins.
- ☐ Transfer batter to prepared pan.
- ☐ Bake until cake is brown and tester inserted into center comes out clean, about 1 hour 10 minutes. Cool cake in pan 10 minutes. Turn out onto rack; cool completely. (Can be prepared 1 day ahead. Wrap cake and store at room temperature.)

Nutrition Facts



Properties

Glycemic Index:32.65, Glycemic Load:45.76, Inflammation Score:-3, Nutrition Score:7.7673912462981%

Nutrients (% of daily need)

Calories: 345.3kcal (17.27%), Fat: 4.38g (6.74%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 74.41g (24.8%), Net Carbohydrates: 72.02g (26.19%), Sugar: 35.82g (39.8%), Cholesterol: 46.5mg (15.5%), Sodium: 380.54mg (16.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.77%), Manganese: 0.47mg (23.75%), Selenium: 15µg (21.43%), Vitamin B1: 0.27mg (18.06%), Folate: 64.24µg (16.06%), Vitamin B2: 0.26mg (15.19%), Iron: 2.35mg (13.08%), Vitamin B3: 2.12mg (10.6%), Fiber: 2.39g (9.55%), Phosphorus: 73.95mg (7.39%), Potassium: 220.76mg (6.31%), Copper: 0.13mg (6.25%), Vitamin K: 5.35µg (5.1%), Vitamin B6: 0.08mg (3.91%), Magnesium: 15.45mg (3.86%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.5mg (3.3%), Vitamin E: 0.39mg (2.58%), Calcium: 23.6mg (2.36%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.14mg (1.38%), Vitamin A: 68.78IU (1.38%)