



Honey Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



233 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon breadcrumbs dry
- 2 large eggs
- 1.8 cups flour all-purpose
- 0.5 cup golden raisins
- 1 teaspoon ground cinnamon
- 0.5 cup honey
- 2 teaspoons espresso granules instant

- 3 tablespoons butter melted
- 0.3 teaspoon salt
- 0.5 cup sugar
- 0.5 cup walnuts chopped
- 0.3 cup water hot

Equipment

- bowl
- oven
- whisk
- wire rack
- loaf pan

Directions

- Preheat oven to 32
- Coat an 8 x 4-inch loaf pan with cooking spray, and dust with breadcrumbs; set pan aside.
- Combine water and coffee granules, and set aside.
- Combine sugar and eggs in a medium bowl; stir well with a whisk.
- Add honey and margarine; stir well.
- Combine flour, baking powder, cinnamon, and salt.
- Add half of flour mixture to sugar mixture; stir well.
- Add coffee mixture; stir well.
- Add remaining flour mixture, and stir just until flour mixture is moist. Stir in walnuts and raisins.
- Spoon cake batter into prepared loaf pan, and bake at 325 for 1 hour and 20 minutes or until a wooden pick inserted in center of cake comes out clean. Cool cake in pan 10 minutes on a wire rack, and remove from pan. Cool cake completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:24.69, Inflammation Score:-3, Nutrition Score:5.4752174110516%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 233.06kcal (11.65%), Fat: 7.07g (10.87%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 39.15g (14.24%), Sugar: 23.75g (26.39%), Cholesterol: 31mg (10.33%), Sodium: 136.88mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.23mg (1.74%), Protein: 4.09g (8.18%), Manganese: 0.36mg (18.16%), Selenium: 9.42µg (13.46%), Vitamin B1: 0.17mg (11.47%), Folate: 43.45µg (10.86%), Vitamin B2: 0.16mg (9.34%), Iron: 1.4mg (7.8%), Phosphorus: 70.66mg (7.07%), Copper: 0.14mg (7.06%), Vitamin B3: 1.33mg (6.64%), Fiber: 1.22g (4.86%), Magnesium: 16.36mg (4.09%), Calcium: 40.56mg (4.06%), Vitamin B6: 0.07mg (3.65%), Vitamin A: 171.66IU (3.43%), Potassium: 114.88mg (3.28%), Zinc: 0.45mg (3.02%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.25mg (1.69%), Vitamin B12: 0.08µg (1.34%), Vitamin D: 0.17µg (1.11%)