



Honey-Raspberry Tea Cake

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup honey
- ☐ 2 eggs
- ☐ 2 teaspoons vanilla
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup milk
- ☐ 1 cup raspberries fresh
- ☐ 1 serving powdered sugar for garnish

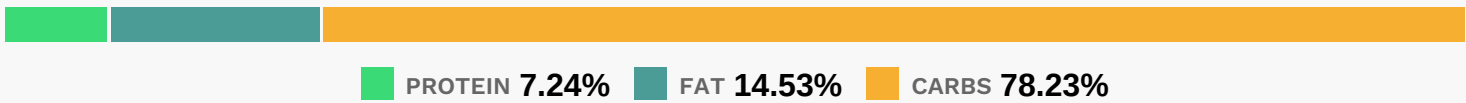
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom and side of 8-inch round pan with butter; lightly flour.
- ☐ In large bowl, beat oil, honey and granulated sugar with electric mixer on medium speed about 3 minutes or until a paste forms.
- ☐ Add eggs; beat about 1 minute or until well combined. Beat in vanilla. On low speed, beat in flour, baking powder and salt just until combined.
- ☐ Add milk; beat about 2 minutes or until smooth. With spoon, fold in raspberries.
- ☐ Pour batter into pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean and cake is a caramel color. Cool 15 to 20 minutes in pan. Carefully loosen edge of cake with knife; turn out onto cooling rack. Flip cake onto serving plate.
- ☐ Sprinkle with powdered sugar. Cake can be served immediately.

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:35.94, Inflammation Score:-3, Nutrition Score:7.7960869436679%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 291.28kcal (14.56%), Fat: 4.78g (7.35%), Saturated Fat: 0.89g (5.53%), Carbohydrates: 57.87g (19.29%), Net Carbohydrates: 56.01g (20.37%), Sugar: 32.5g (36.11%), Cholesterol: 42.75mg (14.25%), Sodium: 327.61mg (14.24%), Alcohol: 0.34g (100%), Alcohol %: 0.35% (100%), Protein: 5.36g (10.72%), Selenium: 14.54µg (20.78%), Vitamin B1: 0.26mg (17.54%), Manganese: 0.34mg (16.88%), Folate: 65.93µg (16.48%), Vitamin B2: 0.24mg (14.29%), Calcium: 123.1mg (12.31%), Iron: 2.01mg (11.16%), Phosphorus: 109.06mg (10.91%), Vitamin B3: 1.99mg (9.94%), Fiber: 1.86g (7.46%), Vitamin E: 0.76mg (5.08%), Vitamin C: 4.04mg (4.89%), Vitamin B5: 0.43mg (4.26%), Copper: 0.08mg (3.81%), Magnesium: 14.28mg (3.57%), Zinc: 0.54mg (3.57%), Vitamin K: 3.34µg (3.18%), Potassium: 107.24mg (3.06%), Vitamin B12: 0.18µg (3%), Vitamin B6: 0.06mg (2.77%), Vitamin D: 0.39µg (2.59%), Vitamin A: 89.06IU (1.78%)