



Lois' Dutch Sorghum Cake

READY IN



110 min.

SERVINGS



25

CALORIES



265 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup buttermilk
- 25 servings hot-brewed coffee
- 1 cup dates chopped
- 3 large eggs
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger

- 1 cup pecans toasted chopped
- 1 cup raisins
- 1 cup shortening
- 1 cup sorghum syrup
- 1 cup sugar

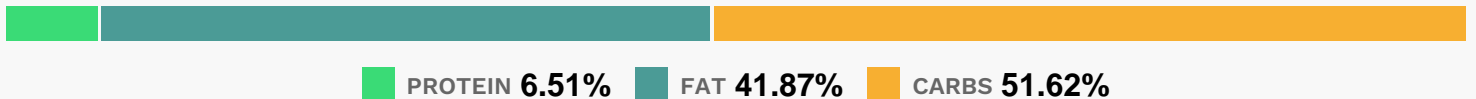
Equipment

- oven
- wire rack
- blender

Directions

- Preheat oven to 32
- Beat sugar and shortening at medium speed with a mixer until fluffy. Stop mixer, and add sorghum; beat just until blended.
- Add eggs, 1 at a time, beating until blended after each addition.
- Combine flour and next 4 ingredients; gradually add to sugar mixture alternately with buttermilk. (Begin and end with flour mixture.) Beat at low speed just until blended after each addition. Stir in raisins, dates, and pecans. Spoon into 2 greased and floured 9-inch square pans.
- Bake at 325 for 32 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack (about 45 minutes).
- Drizzle each cake with Coffee Glaze.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:18.56, Inflammation Score:-2, Nutrition Score:7.1208695004816%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 265.25kcal (13.26%), Fat: 12.76g (19.63%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 33.16g (12.06%), Sugar: 12.42g (13.8%), Cholesterol: 23.38mg (7.79%), Sodium: 87.02mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 4.47g (8.93%), Manganese: 0.43mg (21.35%), Vitamin B2: 0.33mg (19.46%), Vitamin B1: 0.22mg (14.4%), Selenium: 7.75µg (11.08%), Folate: 37.76µg (9.44%), Vitamin B5: 0.93mg (9.27%), Phosphorus: 89.16mg (8.92%), Fiber: 2.23g (8.91%), Vitamin B3: 1.78mg (8.88%), Iron: 1.54mg (8.53%), Potassium: 286.19mg (8.18%), Copper: 0.12mg (5.81%), Magnesium: 21.9mg (5.47%), Vitamin K: 5.03µg (4.79%), Vitamin E: 0.67mg (4.47%), Calcium: 40.97mg (4.1%), Zinc: 0.5mg (3.31%), Vitamin B6: 0.05mg (2.65%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 51.53IU (1.03%)