



Mandarin Orange Cake

READY IN



125 min.

SERVINGS



6

CALORIES



394 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 0.3 cup shortening
- ☐ 0.8 cup milk
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 15 ounces mandarin orange segments drained canned

☐ 1 serving non-dairy whipped topping

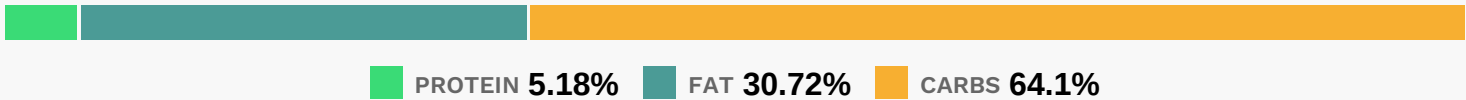
Equipment

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

Directions

- ☐ Heat oven to 350°F. Grease bottom and side of round pan, 9x1 1/2 inches, with shortening; lightly flour.
- ☐ Beat all ingredients except orange segments and whipped topping in medium bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Place orange segments evenly on batter, reserving 6 or 8 orange segments for decorating.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour. Top with whipped topping. Decorate with orange segments.

Nutrition Facts



Properties

Glycemic Index:52.85, Glycemic Load:41.86, Inflammation Score:-6, Nutrition Score:9.0047826455987%

Flavonoids

Hesperetin: 5.63mg, Hesperetin: 5.63mg, Hesperetin: 5.63mg, Hesperetin: 5.63mg Naringenin: 7.1mg, Naringenin: 7.1mg, Naringenin: 7.1mg, Naringenin: 7.1mg

Nutrients (% of daily need)

Calories: 394.28kcal (19.71%), Fat: 13.74g (21.14%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 62.53g (22.74%), Sugar: 42.61g (47.34%), Cholesterol: 30.95mg (10.32%), Sodium: 325.12mg (14.14%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 5.21g (10.42%), Vitamin C: 18.92mg (22.94%), Vitamin B1: 0.27mg (17.87%), Selenium: 11.95µg (17.07%), Folate: 62.47µg (15.62%), Vitamin B2: 0.24mg (13.97%), Calcium: 131.68mg (13.17%), Vitamin A: 572.22IU (11.44%), Phosphorus: 110.13mg (11.01%), Manganese: 0.21mg (10.6%), Vitamin B3: 1.85mg (9.23%), Iron: 1.58mg (8.78%), Fiber: 1.98g (7.92%), Vitamin E: 0.95mg (6.34%), Vitamin K: 6.27µg (5.98%), Potassium: 204.04mg (5.83%), Vitamin B5: 0.57mg (5.71%), Vitamin B6: 0.1mg (4.91%), Magnesium: 19.18mg (4.8%), Vitamin B12: 0.23µg (3.86%), Copper: 0.08mg (3.8%), Vitamin D: 0.48µg (3.21%), Zinc: 0.46mg (3.05%)