



Mandarin Orange Cake III

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



513 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar
- 3 tablespoons butter
- 15 ounce mandarin orange segments drained canned
- 0.5 cup coconut or flaked
- 1 eggs
- 1 cup flour all-purpose
- 3 tablespoons milk

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 1 cup sugar white

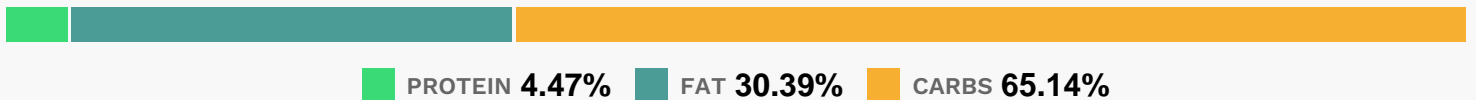
Equipment

- bowl
- sauce pan
- oven
- toothpicks
- cake form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 inch square cake pan.
- In a large bowl, mix the flour, sugar, baking soda and salt. Make a well in the center and add the egg, vanilla, mandarin oranges and 1/2 cup chopped nuts.
- Pour batter into an 8 inch square cake pan.
- Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the cake comes out clean.
- While the cake is baking, prepare the sauce. In a medium saucepan, combine brown sugar, milk and butter. bring to a boil and stir in coconut and 1/2 cup walnuts. While still hot, pour over cake as soon as it comes out of the oven.

Nutrition Facts



Properties

Glycemic Index:42.18, Glycemic Load:35.04, Inflammation Score:-7, Nutrition Score:11.093478163947%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 513.21kcal (25.66%), Fat: 17.88g (27.51%), Saturated Fat: 8.65g (54.08%), Carbohydrates: 86.25g (28.75%), Net Carbohydrates: 83.03g (30.19%), Sugar: 67.1g (74.55%), Cholesterol: 43.23mg (14.41%), Sodium: 449.33mg (19.54%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 5.92g (11.83%), Manganese: 0.69mg (34.64%), Vitamin C: 24.26mg (29.41%), Vitamin A: 1158.49IU (23.17%), Vitamin B1: 0.27mg (18.06%), Selenium: 12.13µg (17.33%), Copper: 0.29mg (14.59%), Folate: 55.79µg (13.95%), Fiber: 3.22g (12.88%), Vitamin B2: 0.2mg (11.75%), Iron: 2.02mg (11.23%), Phosphorus: 103.54mg (10.35%), Magnesium: 38.64mg (9.66%), Vitamin B3: 1.75mg (8.73%), Potassium: 261.46mg (7.47%), Zinc: 1.11mg (7.4%), Vitamin B6: 0.14mg (7.1%), Calcium: 61.39mg (6.14%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.46mg (3.08%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.23µg (1.53%)