



## Mango and Mixed Fruit Cake

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



516 kcal

### Ingredients

- 1 teaspoon double-acting baking powder
- 1.7 cups fruit jell-o® mix mixed
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 15.3 ounce mangos with juice canned
- 2 tablespoons rum
- 1 teaspoon vanilla extract

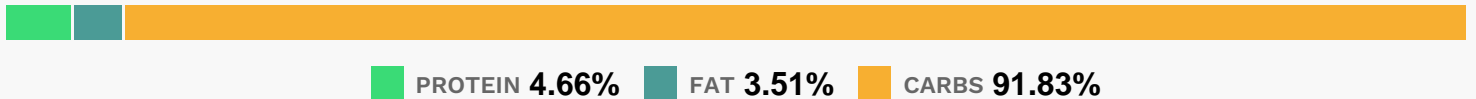
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- In a medium saucepan, combine mango slices and juice, mixed fruit and rum.
- Add cinnamon and nutmeg. Stir gently on medium-low heat for 10 to 15 minutes.
- Remove from heat and let stand until completely cool. Preheat oven to 300 degrees F (150 degrees C). Grease and flour an 8x4 inch loaf pan.
- Mix together the flour and baking powder; set aside.
- In a large bowl, combine fruit mixture with egg and vanilla. Stir in flour mixture.
- Pour into prepared pan.
- Bake in the preheated oven for 55 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

## Nutrition Facts



## Properties

Glycemic Index:77.19, Glycemic Load:25.11, Inflammation Score:-8, Nutrition Score:14.2295651695%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg,

Pelargonidin: 0.02mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 515.65kcal (25.78%), Fat: 1.95g (3%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 115.03g (38.34%), Net Carbohydrates: 107.84g (39.22%), Sugar: 62.43g (69.37%), Cholesterol: 40.92mg (13.64%), Sodium: 180.8mg (7.86%), Alcohol: 2.85g (100%), Alcohol %: 1.39% (100%), Protein: 5.84g (11.67%), Vitamin C: 41.74mg (50.6%), Fiber: 7.18g (28.73%), Folate: 109.24µg (27.31%), Vitamin A: 1305.76IU (26.12%), Iron: 4.27mg (23.74%), Calcium: 218.65mg (21.86%), Selenium: 14.64µg (20.92%), Manganese: 0.39mg (19.49%), Vitamin B1: 0.28mg (18.83%), Vitamin B2: 0.25mg (14.56%), Vitamin B3: 2.59mg (12.97%), Phosphorus: 94.32mg (9.43%), Copper: 0.18mg (9.11%), Vitamin B6: 0.16mg (8.15%), Vitamin E: 1.12mg (7.46%), Potassium: 235.93mg (6.74%), Vitamin B5: 0.52mg (5.21%), Magnesium: 20.61mg (5.15%), Vitamin K: 4.82µg (4.59%), Zinc: 0.48mg (3.21%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)