

Mango Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



420 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.7 cup butter
- 1 cup buttermilk
- 2 eggs
- 1.5 cups flour all-purpose
- 1 cup pear puree
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped

1 cup sugar white

Equipment

frying pan

oven

loaf pan

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9 x 5 inch loaf pan.

Cream butter or margarine and sugar till light and fluffy.

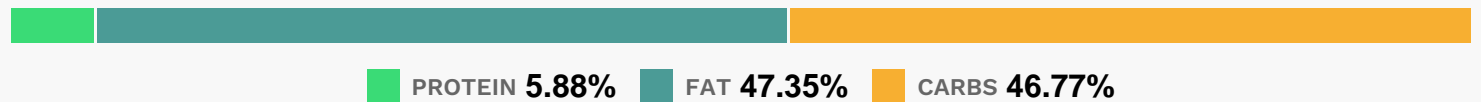
Add eggs and beat well.

Mix together flour and baking soda; blend into creamed mixture. Fold in buttermilk, vanilla, mango puree, and chopped nuts.

Pour batter into prepared pan.

Bake for 40 to 50 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:37.23, Glycemic Load:33.16, Inflammation Score:-6, Nutrition Score:9.4352173494256%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 419.91kcal (21%), Fat: 22.58g (34.74%), Saturated Fat: 11.15g (69.7%), Carbohydrates: 50.19g (16.73%), Net Carbohydrates: 48.55g (17.66%), Sugar: 31.15g (34.61%), Cholesterol: 84.89mg (28.3%), Sodium: 306.78mg (13.34%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 6.3g (12.61%), Manganese: 0.44mg (21.8%), Selenium: 13.32µg (19.03%), Vitamin A: 927.98IU (18.56%), Folate: 71µg (17.75%), Vitamin B1: 0.24mg (15.82%),

Vitamin B2: 0.25mg (14.85%), Vitamin C: 11.7mg (14.18%), Phosphorus: 106.93mg (10.69%), Copper: 0.2mg (10.15%), Iron: 1.57mg (8.72%), Vitamin B3: 1.72mg (8.62%), Fiber: 1.63g (6.53%), Vitamin E: 0.93mg (6.18%), Magnesium: 24.66mg (6.16%), Calcium: 59.69mg (5.97%), Vitamin B6: 0.12mg (5.89%), Vitamin B5: 0.51mg (5.11%), Potassium: 172.34mg (4.92%), Zinc: 0.69mg (4.63%), Vitamin B12: 0.27µg (4.47%), Vitamin D: 0.61µg (4.07%), Vitamin K: 3.05µg (2.91%)