



Mango Cake

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup water
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 eggs
- ☐ 1 cup mangos diced
- ☐ 0.5 cup coconut flakes flaked

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup macadamia nuts chopped
- ☐ 3 tablespoons butter softened
- ☐ 2 tablespoons milk
- ☐ 1.7 cups frangelico

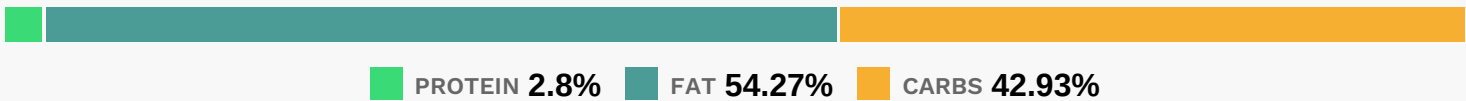
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease 9-inch round cake pan or 8-inch square pan; sprinkle with Bisquick mix. In large bowl, beat all cake ingredients except mango with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Fold in mango.
- ☐ Pour into pan.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean.
- ☐ Meanwhile, in small bowl, mix all topping ingredients until well blended.
- ☐ Spread topping over warm cake.
- ☐ Broil cake with top 3 inches from heat about 3 minutes or until topping is golden brown. Cool 30 minutes before serving. If desired, serve with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:29.98, Glycemic Load:10.27, Inflammation Score:-4, Nutrition Score:4.41434781966%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 240.48kcal (12.02%), Fat: 15.03g (23.13%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 25.18g (9.15%), Sugar: 25.07g (27.86%), Cholesterol: 20.91mg (6.97%), Sodium: 64.37mg (2.8%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 1.75g (3.5%), Manganese: 0.34mg (17.23%), Vitamin C: 7.65mg (9.27%), Vitamin A: 446.86IU (8.94%), Vitamin K: 7.16µg (6.82%), Fiber: 1.58g (6.33%), Copper: 0.11mg (5.46%), Vitamin E: 0.73mg (4.88%), Selenium: 3.2µg (4.58%), Vitamin B1: 0.06mg (4.29%), Phosphorus: 38.25mg (3.83%), Magnesium: 14.77mg (3.69%), Vitamin B6: 0.07mg (3.41%), Vitamin B2: 0.06mg (3.24%), Folate: 12.63µg (3.16%), Potassium: 107.95mg (3.08%), Iron: 0.54mg (2.98%), Calcium: 24.79mg (2.48%), Vitamin B5: 0.23mg (2.3%), Zinc: 0.27mg (1.83%), Vitamin B3: 0.3mg (1.48%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.15µg (1.01%)