

Maple Nut Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon maple extract flavored
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walnuts chopped

☐ 1 cup sugar white

Equipment

☐ frying pan

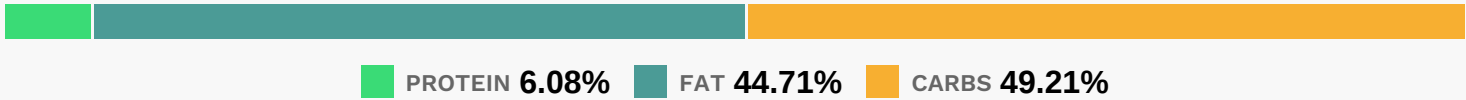
☐ oven

☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 8x8 inch square pan.
- ☐ Cream the butter or margarine add the sugar and continue creaming until light and fluffy. Beat in the eggs one at a time. Stir in the maple flavoring.
- ☐ Combine the flour, baking powder, and salt.
- ☐ Add the flour mixture in 3 parts alternately with the milk to the butter mixture, beginning and ending with flour. Stir in the walnuts and pour in the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 40 to 45 minutes or until an toothpick inserted in the center comes out clean.
- ☐ Let cake cool then frost with Maple Butter Icing.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:31.02, Inflammation Score:-4, Nutrition Score:7.33478263636%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 356.52kcal (17.83%), Fat: 18.12g (27.87%), Saturated Fat: 8.4g (52.53%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 43.74g (15.91%), Sugar: 25.99g (28.87%), Cholesterol: 73.25mg (24.42%), Sodium: 292.18mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Manganese: 0.41mg (20.72%), Selenium: 12.26µg (17.52%), Vitamin B1: 0.22mg (14.84%), Folate: 55.65µg (13.91%), Vitamin B2: 0.21mg (12.21%), Phosphorus: 113.11mg (11.31%), Calcium: 98.06mg (9.81%), Iron: 1.62mg (8.99%), Vitamin A: 440.11IU (8.8%), Copper: 0.16mg (8%),

Vitamin B3: 1.5mg (7.48%), Magnesium: 20.42mg (5.1%), Fiber: 1.12g (4.5%), Zinc: 0.61mg (4.07%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.39mg (3.85%), Vitamin E: 0.52mg (3.45%), Vitamin B12: 0.2µg (3.41%), Potassium: 99.5mg (2.84%), Vitamin D: 0.39µg (2.59%), Vitamin K: 1.34µg (1.28%)