



Mary Ann's Orange Loaf Cake

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 3 large egg whites
- 1.7 cups flour all-purpose
- 8 ounce carton lemon yogurt low-fat
- 0.3 cup butter softened reduced-calorie
- 0.5 cup oat bran
- 0.5 teaspoon orange flavoring
- 1 teaspoon orange rind grated
- 0.3 teaspoon salt

1 cup sugar

Equipment

bowl

frying pan

oven

knife

wire rack

blender

loaf pan

measuring cup

Directions

Preheat oven to 35

Beat sugar and margarine at medium speed of a mixer until light and fluffy.

Add orange flavoring and egg whites; beat well.

Add yogurt; beat well. Lightly spoon flour into dry measuring cups, and level with a knife.

Combine flour, oat bran, orange rind, baking soda, and salt in a small bowl. Gradually add flour mixture to sugar mixture, stirring just until moist.

Coat an 8-inch loaf pan with cooking spray; spoon cake batter into pan.

Bake at 350 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely.

Nutrition Facts



PROTEIN 8.68% FAT 26.12% CARBS 65.2%

Properties

Glycemic Index:30.26, Glycemic Load:33.92, Inflammation Score:-5, Nutrition Score:8.1873912629874%

Flavonoids

Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Nutrients (% of daily need)

Calories: 305.05kcal (15.25%), Fat: 9.26g (14.25%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 52.01g (17.34%),
Net Carbohydrates: 50.12g (18.23%), Sugar: 27.24g (30.27%), Cholesterol: 1.7mg (0.57%), Sodium: 275.5mg (11.98%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Manganese: 0.6mg (30.18%), Selenium: 15.78µg
(22.55%), Vitamin B1: 0.31mg (20.45%), Vitamin B2: 0.27mg (15.82%), Folate: 55.44µg (13.86%), Phosphorus:
128.22mg (12.82%), Iron: 1.66mg (9.23%), Vitamin B3: 1.66mg (8.29%), Fiber: 1.89g (7.57%), Magnesium: 29.92mg
(7.48%), Vitamin A: 368.82IU (7.38%), Calcium: 64.78mg (6.48%), Potassium: 162.57mg (4.64%), Zinc: 0.68mg
(4.5%), Vitamin B5: 0.43mg (4.27%), Copper: 0.08mg (3.82%), Vitamin B12: 0.18µg (3%), Vitamin E: 0.41mg (2.71%),
Vitamin B6: 0.04mg (1.99%)