



Mimi's Tomato Soup Cake

 Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



580 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1.5 teaspoons ground nutmeg
- ☐ 1.5 cups raisins
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup shortening
- ☐ 10.8 ounce all natural tomato soup canned
- ☐ 1.5 cups walnuts chopped
- ☐ 0.8 cup water
- ☐ 1.5 cups sugar white

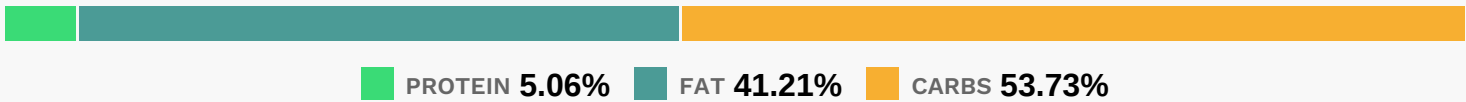
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan. Sift together the flour, salt, baking powder, cinnamon, cloves and nutmeg. Set aside.
- ☐ In a large bowl, cream together the shortening and sugar until light and fluffy. In a separate bowl, combine tomato soup, water and baking soda.
- ☐ Add to creamed mixture alternately with the flour mixture. Stir in the raisins and nuts.
- ☐ Pour batter into a 10 inch Bundt or tube pan.
- ☐ Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the cake comes out clean. Cool for 10 minutes in the pan, then turn out onto a wire rack.

Nutrition Facts



Properties

Glycemic Index:42.89, Glycemic Load:52.05, Inflammation Score:-5, Nutrition Score:13.808695715407%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg

Nutrients (% of daily need)

Calories: 580.32kcal (29.02%), Fat: 27.62g (42.5%), Saturated Fat: 5.12g (31.97%), Carbohydrates: 81.04g (27.01%), Net Carbohydrates: 76.5g (27.82%), Sugar: 31.94g (35.49%), Cholesterol: 0mg (0%), Sodium: 344.63mg (14.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Manganese: 1.15mg (57.58%), Vitamin B1: 0.41mg (27.06%), Copper: 0.46mg (23.22%), Folate: 90.73µg (22.68%), Selenium: 14.1µg (20.14%), Iron: 3.43mg (19.04%), Fiber: 4.54g (18.15%), Vitamin B2: 0.27mg (16.08%), Phosphorus: 154.62mg (15.46%), Vitamin B3: 3.04mg (15.18%), Magnesium: 50.35mg (12.59%), Calcium: 115.63mg (11.56%), Potassium: 391.49mg (11.19%), Vitamin K: 10.76µg (10.25%), Vitamin E: 1.49mg (9.96%), Vitamin B6: 0.2mg (9.96%), Zinc: 0.95mg (6.32%), Vitamin C: 4.23mg (5.12%), Vitamin B5: 0.47mg (4.65%), Vitamin A: 70.54IU (1.41%)