



## Miss Beth's Yoghurt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



17

CALORIES



114 kcal

DESSERT

### Ingredients

- 0.3 ounce active yeast dry
- 3 eggs
- 1.5 cups flour all-purpose
- 0.5 cup yogurt plain
- 0.5 cup vegetable oil
- 1 cup sugar white

### Equipment

- oven

mixing bowl

cake form

## Directions

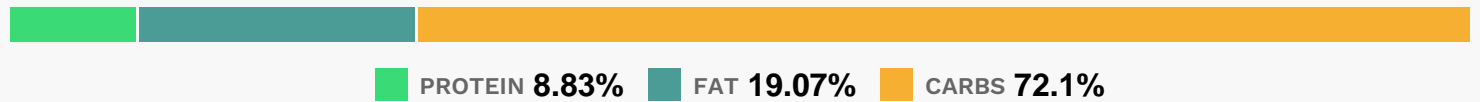
Empty yogurt into mixing bowl.

Add flour, sugar, oil, eggs, and yeast (or substitute one teaspoon baking powder) and mix until just combined.

Pour into a greased and floured 13 inch round cake pan.

Bake for 25 to 35 minutes in a preheated 350 degrees F (175 degrees C) oven, or until cake is golden brown and middle bounces back when pushed with your finger. Cool and dust with confectioners' sugar. Variations: use flavored yogurt, or add some fruit preserves to the mix to make a fruity cake, berry flavors work especially well. Variation 2: Use half brown sugar and half granulated sugar, and add 2 teaspoons of cinnamon. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:9.65, Glycemic Load:14.37, Inflammation Score:-1, Nutrition Score:2.9904348404835%

## Nutrients (% of daily need)

Calories: 113.63kcal (5.68%), Fat: 2.43g (3.74%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 20.29g (7.38%), Sugar: 12.14g (13.48%), Cholesterol: 29.82mg (9.94%), Sodium: 14.89mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Vitamin B1: 0.14mg (9.18%), Selenium: 6.38µg (9.12%), Folate: 34.09µg (8.52%), Vitamin B2: 0.12mg (7.01%), Vitamin B3: 0.83mg (4.15%), Manganese: 0.08mg (3.97%), Iron: 0.67mg (3.7%), Phosphorus: 36.79mg (3.68%), Vitamin B5: 0.25mg (2.52%), Vitamin K: 2.43µg (2.31%), Zinc: 0.25mg (1.69%), Fiber: 0.41g (1.64%), Vitamin B12: 0.1µg (1.6%), Calcium: 14.96mg (1.5%), Vitamin B6: 0.03mg (1.33%), Vitamin E: 0.2mg (1.32%), Copper: 0.02mg (1.24%), Magnesium: 4.45mg (1.11%), Vitamin D: 0.16µg (1.08%), Potassium: 37.9mg (1.08%)