



Muffin Glory Cake

 Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



372 kcal

DESSERT

Ingredients

- 13.9 oz corn muffin mix quick
- 0.5 cup apples peeled chopped
- 0.5 cup carrots shredded
- 0.5 cup walnut pieces chopped
- 0.5 cup coconut flakes flaked
- 0.3 cup vegetable oil
- 2 eggs
- 8 oz pineapple rings crushed undrained canned

- 0.5 cup powdered sugar
- 1 teaspoons water

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 400°F. Grease bottom only of 8-inch square pan with shortening or cooking spray. In medium bowl, stir together Muffin
- Mix, apple, carrot, walnuts and coconut. In small bowl, stir together oil, eggs and pineapple; stir into muffin mixture.
- Spread in pan.
- Sprinkle with Streusel (from Muffin
- Mix).
- Bake 38 to 42 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes.
- In small bowl, mix powdered sugar and enough of the 1 to 2 teaspoons water until smooth and thin enough to drizzle.
- Drizzle over warm cake.

Nutrition Facts



PROTEIN 6.14% **FAT 46.68%** **CARBS 47.18%**

Properties

Glycemic Index:10.98, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:10.38956521905%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin:

0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 371.79kcal (18.59%), Fat: 19.67g (30.26%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 44.72g (14.91%), Net Carbohydrates: 39.98g (14.54%), Sugar: 20.63g (22.92%), Cholesterol: 37.25mg (12.42%), Sodium: 378.87mg (16.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Phosphorus: 270.7mg (27.07%), Vitamin A: 1308.78IU (26.18%), Manganese: 0.51mg (25.25%), Fiber: 4.74g (18.98%), Vitamin B1: 0.25mg (16.5%), Vitamin K: 14.81µg (14.11%), Folate: 54.93µg (13.73%), Vitamin B2: 0.19mg (11.22%), Copper: 0.22mg (10.89%), Selenium: 6.79µg (9.71%), Iron: 1.72mg (9.54%), Vitamin B3: 1.72mg (8.6%), Magnesium: 31.19mg (7.8%), Vitamin B6: 0.15mg (7.66%), Vitamin E: 0.8mg (5.33%), Potassium: 178.84mg (5.11%), Zinc: 0.72mg (4.78%), Vitamin B5: 0.46mg (4.59%), Calcium: 44.91mg (4.49%), Vitamin C: 3.31mg (4.01%), Vitamin B12: 0.13µg (2.11%), Vitamin D: 0.2µg (1.3%)