



Muffin Glory Cake

 Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apples peeled chopped
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 cup coconut flakes flaked
- ☐ 1 box corn muffin mix
- ☐ 2 eggs
- ☐ 8 oz pineapple rings crushed undrained canned
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 cup vegetable oil

- ☐ 0.5 cup walnut pieces chopped
- ☐ 1 teaspoons water

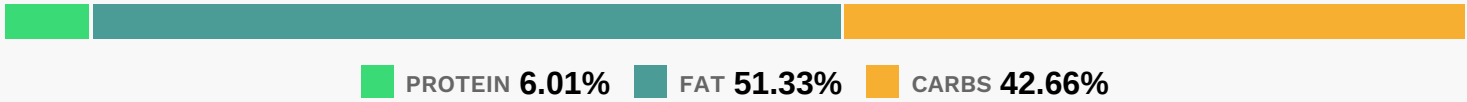
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 400F. 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



Properties

Glycemic Index:10.98, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:8.6078261137009%

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, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 300.7kcal (15.04%), Fat: 17.59g (27.07%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 29.26g (10.64%), Sugar: 17.17g (19.08%), Cholesterol: 36.91mg (12.3%), Sodium: 239.93mg (10.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin A: 1289.23IU (25.78%), Manganese: 0.45mg (22.57%), Phosphorus: 187.54mg (18.75%), Fiber: 3.64g (14.56%), Vitamin K: 13.96µg (13.3%), Vitamin B1: 0.17mg (11.66%), Copper: 0.2mg (10.17%), Folate: 39.11µg (9.78%), Vitamin B2: 0.14mg (8.5%), Selenium: 5.84µg (8.34%), Iron: 1.29mg (7.18%), Magnesium: 27.11mg (6.78%), Vitamin B6: 0.13mg (6.58%), Vitamin B3: 1.15mg (5.76%), Vitamin E: 0.77mg (5.14%), Potassium: 159.63mg (4.56%), Zinc: 0.62mg (4.14%), Vitamin C: 3.29mg (3.99%), Vitamin B5: 0.38mg (3.77%), Calcium: 35.22mg (3.52%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.2µg (1.3%)