



Muffin Glory Cake (Crowd Size)

 Dairy Free

READY IN



80 min.

SERVINGS



15

CALORIES



285 kcal

DESSERT

Ingredients

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

- 1 cup powdered sugar
- 2 teaspoons water

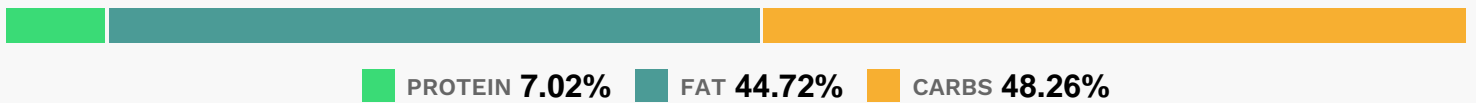
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 400°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray. In large bowl, stir together both muffin mixes, apple, carrot, walnuts and coconut. In medium bowl, stir together oil, eggs and pineapple; stir into muffin mixture.
- Spread in pan.
- Sprinkle with streusel (from muffin mixes).
- Bake 43 to 45 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes.
- In small bowl, mix powdered sugar and enough of the 2 to 4 teaspoons water until smooth and thin enough to drizzle.
- Drizzle over warm cake.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:9.133912967599%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 284.94kcal (14.25%), Fat: 14.58g (22.44%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 31.42g (11.43%), Sugar: 19.41g (21.57%), Cholesterol: 44.17mg (14.72%), Sodium: 240.01mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin A: 1540.33IU (30.81%), Manganese: 0.52mg (26.17%), Phosphorus: 196.38mg (19.64%), Fiber: 3.99g (15.94%), Vitamin B1: 0.18mg (12.32%), Copper: 0.24mg (11.95%), Folate: 41.48µg (10.37%), Selenium: 6.68µg (9.54%), Vitamin B2: 0.16mg (9.26%), Iron: 1.4mg (7.79%), Magnesium: 31.12mg (7.78%), Vitamin B6: 0.15mg (7.52%), Vitamin B3: 1.19mg (5.93%), Vitamin K: 5.77µg (5.5%), Potassium: 184.93mg (5.28%), Vitamin C: 3.94mg (4.78%), Zinc: 0.71mg (4.74%), Vitamin B5: 0.42mg (4.24%), Calcium: 38.92mg (3.89%), Vitamin E: 0.44mg (2.94%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.23µg (1.56%)