



## Muffin Glory Cake (Crowd Size)

 Dairy Free

READY IN



80 min.

SERVINGS



15

CALORIES



309 kcal

DESSERT

### Ingredients

- 1 cup apples peeled chopped
- 1 cup carrots shredded
- 1 cup coconut flakes flaked
- 2 boxes corn muffin mix
- 4 eggs
- 16 oz pineapple rings crushed undrained canned
- 1 cup powdered sugar
- 0.5 cup vegetable oil

- 1 cup walnut pieces chopped
- 2 teaspoons water

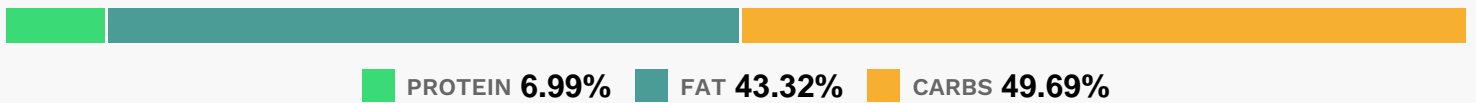
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Heat oven to 400F. 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:9.7473912342735%

## 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: 309.45kcal (15.47%), Fat: 15.3g (23.54%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 35.12g (12.77%), Sugar: 20.61g (22.9%), Cholesterol: 44.29mg (14.76%), Sodium: 287.91mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin A: 1547.07IU (30.94%), Manganese: 0.54mg (27.09%), Phosphorus: 225.05mg (22.5%), Fiber: 4.37g (17.47%), Vitamin B1: 0.21mg (13.99%), Copper: 0.24mg (12.2%), Folate: 46.94µg (11.73%), Vitamin B2: 0.17mg (10.2%), Selenium: 7.01µg (10.01%), Iron: 1.55mg (8.61%), Magnesium: 32.53mg (8.13%), Vitamin B6: 0.16mg (7.89%), Vitamin B3: 1.38mg (6.91%), Vitamin K: 6.06µg (5.77%), Potassium: 191.55mg (5.47%), Zinc: 0.74mg (4.96%), Vitamin C: 3.95mg (4.79%), Vitamin B5: 0.45mg (4.52%), Calcium: 42.26mg (4.23%), Vitamin E: 0.45mg (3%), Vitamin B12: 0.13µg (2.22%), Vitamin D: 0.23µg (1.56%)