

**1%**  
HEALTH SCORE

## New Year's Rice Cake

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



327 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup cherries dried
- 0.3 cup dates pitted chopped
- 3 large eggs
- 0.3 cup pineapple chopped
- 3.5 cups rice flour sweet ( rice flour)
- 0.3 cup slivered almonds
- 1.5 cups sugar

- 0.5 cup vegetable oil
- 1.5 cups water

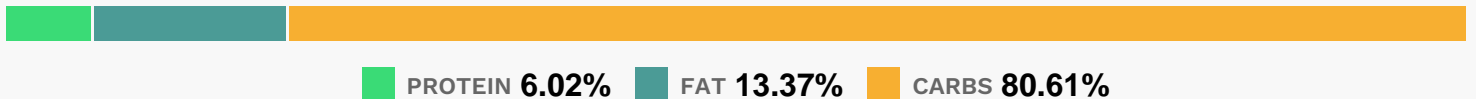
## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- cake form
- measuring cup

## Directions

- Preheat oven to 37
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients (flour through baking powder) in a bowl.
- Combine water, oil, and eggs; add to flour mixture, stirring by hand just until moist.
- Spoon the batter into a 9-inch round cake pan coated with cooking spray.
- Bake at 375 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool rice cake for 15 minutes in pan on a wire rack, and remove from pan. Cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:31.06, Glycemic Load:43.78, Inflammation Score:-1, Nutrition Score:6.6330436053483%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg,

Peonidin: 0.04mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 326.71kcal (16.34%), Fat: 4.89g (7.53%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 66.35g (22.12%), Net Carbohydrates: 64.6g (23.49%), Sugar: 27.8g (30.89%), Cholesterol: 46.5mg (15.5%), Sodium: 125.6mg (5.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Manganese: 0.66mg (32.9%), Selenium: 11.22µg (16.03%), Vitamin B6: 0.24mg (11.91%), Phosphorus: 105.99mg (10.6%), Calcium: 79.63mg (7.96%), Fiber: 1.76g (7.03%), Vitamin B3: 1.36mg (6.8%), Magnesium: 26.52mg (6.63%), Vitamin B5: 0.62mg (6.15%), Vitamin E: 0.91mg (6.08%), Vitamin B2: 0.1mg (5.96%), Copper: 0.11mg (5.56%), Vitamin B1: 0.08mg (5.27%), Zinc: 0.63mg (4.17%), Iron: 0.64mg (3.56%), Vitamin K: 3.55µg (3.38%), Potassium: 100.13mg (2.86%), Folate: 10.05µg (2.51%), Vitamin C: 1.86mg (2.25%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%), Vitamin A: 71.66IU (1.43%)