



Nutty Graham Cake

READY IN



45 min.

SERVINGS



16

CALORIES



243 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 4 ounces weight cream cheese fat-free block-style
- 1 large egg whites
- 2 large eggs
- 2 cups flour all-purpose
- 1 cup graham cracker crumbs low-fat (6 cookie sheets)
- 0.5 cup granulated sugar

- 0.5 teaspoon ground cinnamon
- 0.3 cup walnuts chopped (pecans and walnuts)
- 1 cup orange juice
- 1 tablespoon orange zest grated
- 1 teaspoon salt
- 6 tablespoons stick margarine softened
- 1 cup cool whip fat-free frozen thawed

Equipment

- frying pan
- oven
- knife
- wire rack
- blender
- measuring cup
- kugelhopf pan

Directions

- Preheat oven to 35
- Lightly spoon the flour into a dry measuring cup, and level with a knife.
- Combine flour, crumbs, and the next 12 ingredients (crumbs through egg white); beat mixture at medium speed of a mixer for 2 minutes. Stir in nuts. Spoon the batter into a 12-cup Bundt pan coated with cooking spray.
- Bake at 350 for 50 minutes or until a wooden pick inserted in the center comes out clean. Cool on a wire rack 5 minutes.
- Remove cake from pan; cool completely on wire rack.
- Serve cake with whipped topping.
- Sprinkle with powdered sugar, if desired.

Nutrition Facts



■ PROTEIN 7.78% ■ FAT 28.02% ■ CARBS 64.2%

Properties

Glycemic Index:24.26, Glycemic Load:16.74, Inflammation Score:-4, Nutrition Score:5.8204348553782%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 243.32kcal (12.17%), Fat: 7.69g (11.83%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 38.73g (14.09%), Sugar: 23.37g (25.96%), Cholesterol: 24.85mg (8.28%), Sodium: 397mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Selenium: 8.46µg (12.09%), Vitamin B1: 0.17mg (11.35%), Folate: 44.65µg (11.16%), Vitamin B2: 0.19mg (11.01%), Manganese: 0.22mg (10.77%), Vitamin C: 8.31mg (10.07%), Phosphorus: 98.91mg (9.89%), Calcium: 73.32mg (7.33%), Iron: 1.31mg (7.26%), Vitamin B3: 1.27mg (6.36%), Vitamin A: 277.3IU (5.55%), Copper: 0.09mg (4.28%), Magnesium: 16.6mg (4.15%), Potassium: 126.4mg (3.61%), Fiber: 0.89g (3.55%), Zinc: 0.5mg (3.36%), Vitamin B12: 0.2µg (3.33%), Vitamin B5: 0.3mg (2.96%), Vitamin B6: 0.06mg (2.92%), Vitamin E: 0.28mg (1.85%)