



Oat Cake with Coconut-Nut Topping

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup milk 1% low-fat
- ☐ 1 tablespoon butter

- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup regular oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup evaporated skimmed milk
- ☐ 0.5 cup sugar
- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons walnuts finely chopped

Equipment

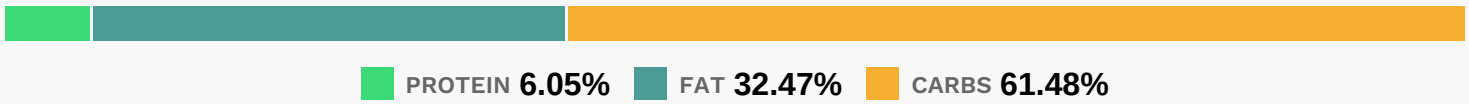
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ cake form

Directions

- ☐ Coat an 8-inch round cake pan with cooking spray; dust with 2 teaspoons flour, and set aside.
- ☐ Bring 1% low-fat milk to a simmer in a small saucepan; stir in 1/4 cup oats. Bring mixture to a boil, and remove from heat. Spoon mixture into a small bowl; let cool.
- ☐ Combine 3/4 cup flour, baking powder, cinnamon, and salt in a small bowl; set aside.
- ☐ Combine 1/2 cup granulated sugar and 2 tablespoons softened margarine in a large bowl; beat at medium speed of a mixer until blended.
- ☐ Add applesauce, vanilla, and egg; beat until blended.
- ☐ Add flour mixture and oatmeal mixture; beat until well-blended.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean.

- ☐
- Remove from oven; set aside on a wire rack.
- ☐
- Combine the brown sugar, evaporated milk, and 1 tablespoon margarine in a small saucepan; bring to a boil over medium heat, and cook 30 seconds. Stir in 1/4 cup oats, walnuts, and coconut; cook 30 seconds.
- ☐
- Spread over cake; broil 2 minutes or until lightly browned.
- ☐
- Let cool.

Nutrition Facts



Properties

Glycemic Index:51.29, Glycemic Load:16.36, Inflammation Score:-3, Nutrition Score:5.2539130617743%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 234.38kcal (11.72%), Fat: 8.63g (13.28%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 35.62g (12.95%), Sugar: 24.65g (27.39%), Cholesterol: 21.18mg (7.06%), Sodium: 200.76mg (8.73%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 3.62g (7.23%), Manganese: 0.41mg (20.36%), Selenium: 7.8µg (11.14%), Vitamin B1: 0.14mg (9.11%), Phosphorus: 81.93mg (8.19%), Folate: 30.46µg (7.62%), Vitamin B2: 0.13mg (7.49%), Calcium: 73.27mg (7.33%), Iron: 1.1mg (6.09%), Copper: 0.11mg (5.45%), Vitamin A: 256.45IU (5.13%), Fiber: 1.14g (4.57%), Magnesium: 17.83mg (4.46%), Vitamin B3: 0.85mg (4.26%), Zinc: 0.5mg (3.35%), Vitamin B6: 0.06mg (3.13%), Potassium: 107.84mg (3.08%), Vitamin B5: 0.29mg (2.92%), Vitamin B12: 0.16µg (2.64%), Vitamin D: 0.3µg (2.02%), Vitamin E: 0.3mg (1.98%)