



Oatmeal Cake

READY IN



45 min.

SERVINGS



15

CALORIES



492 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2.5 cups firmly brown sugar divided packed
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup butter softened
- ☐ 1.5 cups coconut or flaked
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.3 cup milk
- ☐ 1.5 cups pecans chopped
- ☐ 1 cup quick-cooking oats uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water boiling

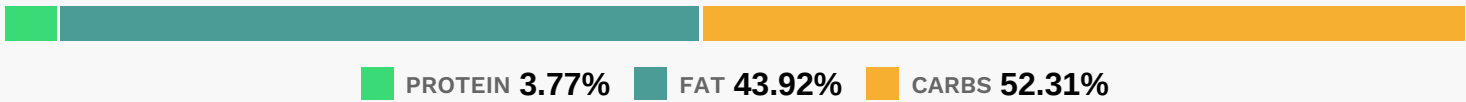
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Stir together 1 1/2 cups boiling water and oats; let stand 20 minutes.
- ☐ Beat 1/2 cup butter, 1 cup sugar, and 1 cup brown sugar in a large bowl at medium speed with an electric mixer until creamy; add cinnamon and next 3 ingredients, beating well.
- ☐ Stir in flour, baking soda, and salt just until moistened; beat in oatmeal.
- ☐ Pour batter into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Combine remaining 1 1/2 cups brown sugar, coconut, and remaining ingredients in a bowl; spread over warm cake.
- ☐ Broil 8 inches from heat 2 to 3 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:18.43, Inflammation Score:-5, Nutrition Score:9.1213044925876%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 492.37kcal (24.62%), Fat: 24.84g (38.22%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 63.22g (22.99%), Sugar: 50.37g (55.97%), Cholesterol: 25.45mg (8.48%), Sodium: 296.11mg (12.87%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.8g (9.6%), Manganese: 1.09mg (54.63%), Selenium: 10.74µg (15.34%), Vitamin B1: 0.21mg (14.1%), Fiber: 3.36g (13.42%), Copper: 0.26mg (13.22%), Magnesium: 43.72mg (10.93%), Phosphorus: 109.18mg (10.92%), Vitamin A: 502.41IU (10.05%), Iron: 1.79mg (9.92%), Vitamin B2: 0.14mg (8.02%), Folate: 31.43µg (7.86%), Zinc: 1.05mg (7.01%), Calcium: 61.19mg (6.12%), Potassium: 196.34mg (5.61%), Vitamin B3: 1.02mg (5.09%), Vitamin E: 0.7mg (4.68%), Vitamin B6: 0.09mg (4.52%), Vitamin B5: 0.44mg (4.37%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.19µg (1.29%)