

Oatmeal Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



224 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 2 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup cooking oats quick
- 0.5 cup raisins

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1.3 cups water boiling
- 0.8 cup sugar white

Equipment

- frying pan
- oven
- baking pan

Directions

- Pour the boiling water over the quick oats and let stand for 20 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 13x15 inch baking pan .
- Cream the shortening with the sugar until light. Beat in the eggs. Then add the oats and vanilla, mixing well.
- Combine the baking soda, salt , cinnamon and flour.
- Mix until combined.
- Add the raisins to the flour mixture and coat well.
- Add the raisin and flour mixture to the oatmeal mixture and stir to combine.
- Pour the batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 25 minutes or until a tester inserted near the center comes out clean. Dust with confectioners' sugar or serve with whipped topping, if desired.

Nutrition Facts



Properties

Glycemic Index:21.59, Glycemic Load:17.99, Inflammation Score:-3, Nutrition Score:4.4621739309767%

Nutrients (% of daily need)

Calories: 223.9kcal (11.2%), Fat: 7.25g (11.15%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 36.71g (13.35%), Sugar: 20.82g (23.14%), Cholesterol: 38.09mg (12.7%), Sodium: 213.43mg (9.28%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.98g (5.95%), Manganese: 0.36mg (18.19%), Selenium: 8.18µg (11.68%), Vitamin B1: 0.14mg (9.03%), Folate: 27.85µg (6.96%), Iron: 1.16mg (6.42%), Vitamin B2: 0.11mg (6.39%), Phosphorus: 55.86mg (5.59%), Magnesium: 20.95mg (5.24%), Fiber: 1.25g (4.98%), Vitamin A: 221.16IU (4.42%), Vitamin B3: 0.86mg (4.29%), Copper: 0.07mg (3.33%), Potassium: 98.33mg (2.81%), Zinc: 0.36mg (2.41%), Calcium: 22.1mg (2.21%), Vitamin B5: 0.21mg (2.09%), Vitamin E: 0.29mg (1.9%), Vitamin B6: 0.04mg (1.75%), Vitamin B12: 0.07µg (1.08%)