



Oatmeal Praline Cake

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



467 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 tablespoons butter
- ☐ 0.8 cup coconut or flaked
- ☐ 0.8 cup brown sugar dark packed
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground nutmeg
- ☐ 3 tablespoons milk
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup quick-cooking oats
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water boiling
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch square pan. In a medium bowl, combine boiling water and oats. Stir, then set aside for 40 minutes. Sift together the flour, baking soda, cinnamon, nutmeg and cloves. Set aside.
- ☐ In a large bowl, cream together 1/2 cup butter, 1 cup brown sugar and 1 cup white sugar until light and fluffy. Beat in 2 eggs, one at a time, then stir in the vanilla. Beat in the oat mixture. Gradually beat in the flour mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. While cake is baking prepare topping.
- ☐ In a medium bowl, cream 3 tablespoons butter and 3/4 cup brown sugar until smooth. Beat in 1 egg and 3 tablespoons milk. Stir in coconut and pecans.
- ☐ Spread over hot cake. Return cake to oven for 10 minutes or until the topping is golden. Cool and cut into squares.

Nutrition Facts



 **PROTEIN 6.14%**  **FAT 32.33%**  **CARBS 61.53%**

Properties

Glycemic Index:47.89, Glycemic Load:34.5, Inflammation Score:-4, Nutrition Score:11.594782690639%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 467.46kcal (23.37%), Fat: 17.26g (26.56%), Saturated Fat: 8.59g (53.66%), Carbohydrates: 73.94g (24.65%), Net Carbohydrates: 69.99g (25.45%), Sugar: 46.57g (51.75%), Cholesterol: 73.34mg (24.45%), Sodium: 208.61mg (9.07%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 7.37g (14.74%), Manganese: 1.32mg (65.91%), Selenium: 18.78µg (26.83%), Vitamin B1: 0.3mg (20.04%), Fiber: 3.95g (15.8%), Phosphorus: 149mg (14.9%), Folate: 56.91µg (14.23%), Iron: 2.52mg (13.98%), Vitamin B2: 0.24mg (13.87%), Magnesium: 54.59mg (13.65%), Copper: 0.25mg (12.73%), Vitamin B3: 1.65mg (8.28%), Zinc: 1.23mg (8.23%), Vitamin B5: 0.61mg (6.07%), Calcium: 58.01mg (5.8%), Potassium: 198.88mg (5.68%), Vitamin B6: 0.1mg (5.05%), Vitamin A: 235.41IU (4.71%), Vitamin E: 0.54mg (3.57%), Vitamin B12: 0.19µg (3.1%), Vitamin D: 0.39µg (2.61%), Vitamin K: 1.42µg (1.36%)