



Oats and Buttermilk Snack Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1.5 cups buttermilk
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup oat flour

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup irish oats
- ☐ 1.5 teaspoons vanilla extract

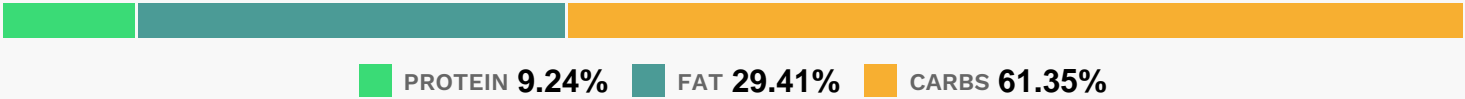
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Combine buttermilk and oats; cover and refrigerate 8 hours.
- ☐ Preheat oven to 37
- ☐ Lightly spoon flours into a dry measuring cup; level with a knife.
- ☐ Combine flours, baking powder, baking soda, and salt, stirring with a whisk.
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- ☐ Add vanilla and egg; beat until well blended. Stir in oat mixture; beat until well blended.
- ☐ Add flour mixture, beating just until moist.
- ☐ Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 375 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.
- ☐ Cut into squares.
- ☐ Garnish with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:8.3, Inflammation Score:0, Nutrition Score:4.7278261029202%

Nutrients (% of daily need)

Calories: 190.52kcal (9.53%), Fat: 6.25g (9.62%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 27.99g (10.18%), Sugar: 13.47g (14.97%), Cholesterol: 28.97mg (9.66%), Sodium: 215.25mg (9.36%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Protein: 4.42g (8.84%), Manganese: 0.28mg (14.25%), Selenium: 7.82µg (11.17%), Phosphorus: 92.15mg (9.22%), Vitamin B1: 0.13mg (8.83%), Vitamin B2: 0.13mg (7.67%), Calcium: 70.31mg (7.03%), Iron: 1.16mg (6.43%), Folate: 24.38µg (6.1%), Fiber: 1.35g (5.39%), Vitamin A: 190.18IU (3.8%), Vitamin B3: 0.74mg (3.68%), Potassium: 127.76mg (3.65%), Magnesium: 14.35mg (3.59%), Vitamin D: 0.47µg (3.16%), Vitamin B12: 0.18µg (3.05%), Zinc: 0.41mg (2.75%), Copper: 0.05mg (2.68%), Vitamin B5: 0.26mg (2.55%), Vitamin B6: 0.03mg (1.7%), Vitamin E: 0.22mg (1.44%)