



## Old-Fashioned Oatmeal Cake

 Vegetarian

READY IN



20 min.

SERVINGS



15

CALORIES



250 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 15 servings brown sugar-pecan topping or
- ☐ 15 servings brown sugar-walnut topping
- ☐ 0.5 cup butter cut into pieces
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup granulated sugar

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup regular oats uncooked
- ☐ 1.3 cups water boiling

## Equipment

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

## Directions

- ☐ Preheat oven to 350
- ☐ Place oats and butter in bowl of an electric mixer.
- ☐ Pour 1 1/4 cups boiling water over oat mixture; cover and let stand 20 minutes.
- ☐ Stir together flour, baking soda, cinnamon, and nutmeg.
- ☐ Add eggs, 1 at a time, to oat mixture, beating at medium speed just until blended after each addition. Gradually add sugars, beating just until blended. Gradually add flour mixture, beating just until blended.
- ☐ Pour batter into a greased and floured 13- x 9-inch pan.
- ☐ Bake for 26 to 30 minutes or until a wooden pick inserted in center of cake comes out clean. (Cake will begin to pull away from sides of pan.)
- ☐ Remove cake from oven; increase oven temperature to broil.
- ☐ Spoon Brown Sugar-Pecan or Brown Sugar-Walnut Topping onto warm cake. Gently spread topping over cake using back of a spoon.
- ☐ Broil cake 3 inches from heat 3 to 5 minutes or until sugar is bubbly and lightly browned.
- ☐ Let cake cool completely (about 3 to 4 hours).

## Nutrition Facts



 **PROTEIN 4.4%**  **FAT 25.74%**  **CARBS 69.86%**

## Properties

Glycemic Index:20.67, Glycemic Load:14.38, Inflammation Score:-2, Nutrition Score:4.0086956676096%

## Nutrients (% of daily need)

Calories: 250.03kcal (12.5%), Fat: 7.29g (11.21%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 43.6g (15.85%), Sugar: 32.1g (35.67%), Cholesterol: 41.07mg (13.69%), Sodium: 139.08mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Manganese: 0.31mg (15.7%), Selenium: 7.79µg (11.13%), Vitamin B1: 0.12mg (7.69%), Folate: 25.71µg (6.43%), Iron: 1.04mg (5.79%), Vitamin B2: 0.1mg (5.78%), Phosphorus: 50.31mg (5.03%), Vitamin A: 225.55IU (4.51%), Vitamin B3: 0.75mg (3.76%), Fiber: 0.93g (3.72%), Magnesium: 13.29mg (3.32%), Calcium: 30.99mg (3.1%), Copper: 0.06mg (2.88%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.25mg (2.5%), Potassium: 73.63mg (2.1%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.57%), Vitamin B12: 0.07µg (1.2%)