



Orange Date-Nut Cake

READY IN



45 min.

SERVINGS



10

CALORIES



855 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1.5 cups buttermilk
- ☐ 8 ounce dates chopped
- ☐ 4 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 cup orange juice
- ☐ 4 teaspoons orange zest divided grated
- ☐ 1 cup pecans toasted chopped

☐ 4 cups sugar divided

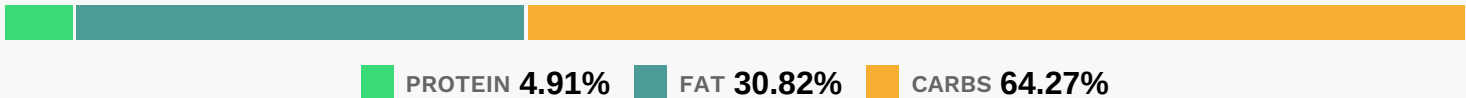
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until fluffy. Gradually add 2 cups sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour and baking soda; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in dates, pecans, and 2 teaspoons orange rind.
- ☐ Pour batter into a greased and floured 10-inch tube pan.
- ☐ Bake at 350 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Bring orange juice, remaining sugar, and remaining rind to a boil in a saucepan; cook, stirring constantly, 1 minute.
- ☐ Run a knife around edge of cake gently; punch holes in cake with a wooden pick.
- ☐ Drizzle glaze over warm cake.
- ☐ Let cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:93.26, Inflammation Score:-7, Nutrition Score:16.26565199313%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg 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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 855.34kcal (42.77%), Fat: 30.1g (46.31%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 141.24g (47.08%), Net Carbohydrates: 136.9g (49.78%), Sugar: 98.7g (109.67%), Cholesterol: 78.36mg (26.12%), Sodium: 392.23mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.57%), Manganese: 0.9mg (45.23%), Selenium: 26.03µg (37.19%), Vitamin B1: 0.53mg (35.11%), Folate: 117.31µg (29.33%), Vitamin B2: 0.46mg (27.13%), Vitamin A: 1040.71IU (20.81%), Iron: 3.28mg (18.24%), Phosphorus: 178.06mg (17.81%), Vitamin B3: 3.53mg (17.63%), Fiber: 4.35g (17.38%), Vitamin C: 13.74mg (16.66%), Copper: 0.29mg (14.51%), Potassium: 385.6mg (11.02%), Magnesium: 43.53mg (10.88%), Vitamin B5: 0.96mg (9.6%), Zinc: 1.33mg (8.84%), Calcium: 88.2mg (8.82%), Vitamin E: 1.14mg (7.63%), Vitamin B6: 0.14mg (7.13%), Vitamin B12: 0.37µg (6.1%), Vitamin D: 0.87µg (5.79%), Vitamin K: 1.34µg (1.27%)