



Orange Kiss-Me Cake

READY IN



60 min.

SERVINGS



15

CALORIES



202 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup milk
- 1 cranberry-orange relish whole with peel
- 1 cup raisins
- 1 teaspoon salt
- 0.5 cup shortening

- 0.3 cup walnut pieces finely chopped
- 0.3 cup granulated sugar white

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Squeeze orange and reserve 1/3 cup juice. Grind orange peel and pulp, raisins, and 1/3 cup walnuts together. Set aside.
- In a large bowl, blend flour, 1 cup sugar, baking soda, salt, milk, shortening and eggs. Beat 3 minutes at medium speed. Stir in orange-raisin mixture.
- Pour into prepared pan.
- Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Drizzle reserved orange juice over warm cake.
- Combine 1/3 cup sugar, cinnamon, and 1/4 cup walnuts; sprinkle over cake.
- Garnish with orange slices.

Nutrition Facts



PROTEIN 7% **FAT 40.97%** **CARBS 52.03%**

Properties

Glycemic Index:20.63, Glycemic Load:17.04, Inflammation Score:-2, Nutrition Score:5.2895652366721%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 202.13kcal (10.11%), Fat: 9.43g (14.5%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 25.42g (9.24%), Sugar: 6.16g (6.84%), Cholesterol: 23.78mg (7.93%), Sodium: 245.91mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Manganese: 0.23mg (11.72%), Selenium: 7.99µg (11.41%), Vitamin B1: 0.17mg (11.25%), Folate: 38.09µg (9.52%), Vitamin B2: 0.16mg (9.21%), Iron: 1.21mg (6.73%), Vitamin C: 5.2mg (6.3%), Phosphorus: 61.35mg (6.14%), Fiber: 1.52g (6.07%), Vitamin B3: 1.16mg (5.81%), Copper: 0.09mg (4.67%), Potassium: 155.18mg (4.43%), Vitamin K: 3.85µg (3.66%), Vitamin E: 0.53mg (3.54%), Calcium: 35.45mg (3.54%), Magnesium: 13.26mg (3.32%), Vitamin B5: 0.31mg (3.08%), Vitamin B6: 0.06mg (3.07%), Vitamin B12: 0.14µg (2.33%), Zinc: 0.35mg (2.31%), Vitamin D: 0.3µg (1.98%), Vitamin A: 78.47IU (1.57%)