

Orange Oatmeal Cake

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



259 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 1 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground ginger
- 0.5 cup orange juice
- 1 tablespoon orange zest

- 0.8 cup rolled oats
- 0.3 teaspoon salt
- 2 teaspoons vanilla extract
- 0.5 cup walnut pieces chopped
- 0.5 cup granulated sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch baking pan.
- In a large bowl, cream the butter or margarine with the white sugar and the brown sugar. Beat in the egg, then the orange juice, vanilla, and grated orange rind.
- In another bowl, stir together the flour, oats, salt, ginger, and baking powder. Beat into the orange mixture and then stir in the nuts.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 40 minutes, or until cake tests done.
- Transfer to a cooling rack and allow cake to cool. Makes 10 to 16 servings.

Nutrition Facts



PROTEIN 4.56% **FAT 53.08%** **CARBS 42.36%**

Properties

Glycemic Index:26.61, Glycemic Load:13.05, Inflammation Score:-4, Nutrition Score:5.0821739383366%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 258.84kcal (12.94%), Fat: 15.53g (23.89%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 26.79g (9.74%), Sugar: 14.73g (16.37%), Cholesterol: 43.45mg (14.48%), Sodium: 171.37mg (7.45%), Alcohol: 0.18g (100%), Alcohol %: 0.37% (100%), Protein: 3g (6%), Manganese: 0.42mg (20.91%), Selenium: 6.87µg (9.81%), Vitamin B1: 0.14mg (9.34%), Vitamin A: 413.06IU (8.26%), Folate: 32.52µg (8.13%), Phosphorus: 60.94mg (6.09%), Iron: 1.05mg (5.84%), Vitamin C: 4.73mg (5.73%), Vitamin B2: 0.1mg (5.72%), Copper: 0.11mg (5.35%), Vitamin B3: 0.9mg (4.48%), Fiber: 1.09g (4.35%), Magnesium: 17.24mg (4.31%), Calcium: 36.69mg (3.67%), Vitamin E: 0.44mg (2.92%), Zinc: 0.42mg (2.8%), Potassium: 82.81mg (2.37%), Vitamin B6: 0.04mg (2.2%), Vitamin B5: 0.21mg (2.12%), Vitamin K: 1.3µg (1.24%)