

Orange Raisin Cake

READY IN



70 min.

SERVINGS



15

CALORIES



204 kcal

DESSERT

Ingredients

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

- 0.3 cup walnut pieces 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 the orange and reserve 1/3 cup of the juice. Grind the orange peel and pulp, raisins and 1/3 cup walnuts together. Set aside.
- In a large bowl, combine flour, sugar, baking soda and salt.
- Add milk, shortening, and eggs. Beat for 3 minutes at medium speed. Stir in orange-raisin mixture.
- Pour batter 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 1/3 cup orange juice over warm cake. In a small bowl combine 1/3 cup sugar, 1 teaspoon cinnamon and 1/4 cup walnuts; sprinkle over cake

Nutrition Facts



PROTEIN 7% **FAT 40.62%** **CARBS 52.38%**

Properties

Glycemic Index:20.63, Glycemic Load:17.19, Inflammation Score:-2, Nutrition Score:5.4752173734748%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg,

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 203.79kcal (10.19%), Fat: 9.43g (14.51%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 25.75g (9.36%), Sugar: 6.49g (7.21%), Cholesterol: 23.78mg (7.93%), Sodium: 245.91mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Manganese: 0.24mg (11.76%), Vitamin B1: 0.17mg (11.46%), Selenium: 8.01µg (11.44%), Folate: 39.15µg (9.79%), Vitamin B2: 0.16mg (9.29%), Vitamin C: 7.08mg (8.58%), Iron: 1.21mg (6.75%), Fiber: 1.6g (6.41%), Phosphorus: 61.85mg (6.18%), Vitamin B3: 1.17mg (5.86%), Copper: 0.09mg (4.75%), Potassium: 161.58mg (4.62%), Calcium: 36.86mg (3.69%), Vitamin K: 3.85µg (3.66%), Vitamin E: 0.54mg (3.58%), Magnesium: 13.61mg (3.4%), Vitamin B6: 0.06mg (3.18%), Vitamin B5: 0.32mg (3.17%), Vitamin B12: 0.14µg (2.33%), Zinc: 0.35mg (2.32%), Vitamin D: 0.3µg (1.98%), Vitamin A: 86.42IU (1.73%)