



Orange Slice Cake

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



12

CALORIES



792 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter softened
- 0.5 cup buttermilk
- 1.3 cups coconut or shredded
- 2 cups confectioners' sugar
- 1 pound dates pitted chopped
- 4 eggs
- 3.5 cups flour all-purpose

- 1 pound orange candy chopped
- 1 cup orange juice
- 2 cups pecans chopped
- 2 cups sugar white

Equipment

- bowl
- frying pan
- oven
- mixing bowl
- wooden spoon

Directions

- Preheat oven to 250 degrees F (120 degrees C). Lightly grease and flour one 10 inch tube pan.
- In a mixing bowl, cream margarine and granulated sugar until smooth.
- Add eggs one at a time, beating well after each addition. Dissolve baking soda in buttermilk and add to the creamed mixture.
- Place flour in a large bowl and add dates, orange slices, and nuts. Stir to coat each piece.
- Add flour mixture and coconut to creamed mixture. This makes a very stiff dough, so it will be necessary to stir with a wooden spoon.
- Pour batter into the tube pan.
- Bake for 2 1/2 to 3 hours. As soon as cake comes from oven, combine the orange juice and confectioners sugar and pour over hot cake.
- Let stand in pan overnight.

Nutrition Facts



Properties

Glycemic Index:32.72, Glycemic Load:59.46, Inflammation Score:-7, Nutrition Score:17.924782794455%

Flavonoids

Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg, Cyanidin: 2.59mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 12.77mg, Hesperetin: 12.77mg, Hesperetin: 12.77mg, Hesperetin: 12.77mg Naringenin: 6.23mg, Naringenin: 6.23mg, Naringenin: 6.23mg, Naringenin: 6.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 792.31kcal (39.62%), Fat: 33.82g (52.04%), Saturated Fat: 14.21g (88.84%), Carbohydrates: 120.42g (40.14%), Net Carbohydrates: 112.92g (41.06%), Sugar: 83.99g (93.32%), Cholesterol: 96.33mg (32.11%), Sodium: 248.36mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.97%), Manganese: 1.32mg (65.87%), Vitamin C: 31.09mg (37.68%), Vitamin B1: 0.49mg (32.97%), Fiber: 7.5g (30%), Selenium: 20.67µg (29.53%), Folate: 105.71µg (26.43%), Copper: 0.43mg (21.5%), Vitamin B2: 0.35mg (20.74%), Phosphorus: 174.06mg (17.41%), Iron: 3.12mg (17.36%), Vitamin B3: 3.11mg (15.55%), Potassium: 542.2mg (15.49%), Magnesium: 58.29mg (14.57%), Vitamin A: 708.76IU (14.18%), Zinc: 1.57mg (10.48%), Vitamin B5: 0.98mg (9.83%), Vitamin B6: 0.18mg (9.07%), Calcium: 76.35mg (7.64%), Vitamin E: 0.99mg (6.62%), Vitamin B12: 0.21µg (3.48%), Vitamin K: 3.2µg (3.05%), Vitamin D: 0.42µg (2.82%)