

Orange Spice Cake

 Dairy Free

READY IN



30 min.

SERVINGS



9

CALORIES



309 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 0.3 cup canola oil
- 1 eggs
- 1.7 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.5 cup blackstrap molasses

- 0.5 cup orange juice
- 0.5 cup orange marmalade
- 0.3 cup sugar
- 9 servings non-dairy whipped topping

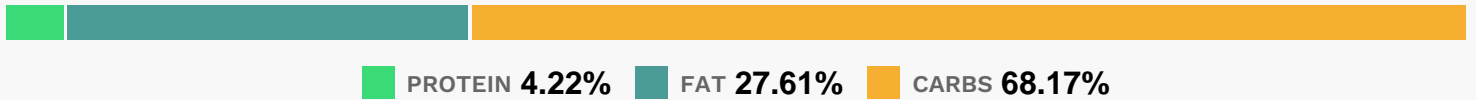
Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a bowl, combine the flour, sugar, baking soda, ginger, cinnamon and cloves.
- Combine the orange juice, molasses, oil and egg; add to dry ingredients and stir just until combined.
- Pour into a greased 9-in. square baking pan.
- Bake at 350° for 16–20 minutes or until a toothpick inserted near the center comes out clean. Spoon marmalade over warm cake. Cool on a wire rack.
- Serve with whipped topping if desired.

Nutrition Facts



Properties

Glycemic Index:27.34, Glycemic Load:24.84, Inflammation Score:-4, Nutrition Score:8.4299999164498%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 309.01kcal (15.45%), Fat: 9.67g (14.88%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 53.76g (17.92%), Net Carbohydrates: 52.79g (19.2%), Sugar: 34.36g (38.18%), Cholesterol: 18.28mg (6.09%), Sodium: 210.53mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Manganese: 0.63mg (31.55%), Selenium: 13.09µg (18.71%), Vitamin B1: 0.21mg (13.72%), Magnesium: 54.07mg (13.52%), Folate: 50.6µg (12.65%), Iron: 2.18mg (12.12%), Vitamin E: 1.57mg (10.47%), Potassium: 348.71mg (9.96%), Vitamin C: 7.75mg (9.4%), Vitamin B2: 0.15mg (8.93%), Vitamin B3: 1.64mg (8.2%), Vitamin B6: 0.16mg (7.8%), Copper: 0.15mg (7.66%), Vitamin K: 6.39µg (6.08%), Calcium: 59.31mg (5.93%), Phosphorus: 47.5mg (4.75%), Fiber: 0.96g (3.86%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.31mg (2.09%), Vitamin A: 69.21IU (1.38%)