



Orange Spice Garbanzo Cake



Vegetarian



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



163 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder gluten-free
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 3 eggs beaten
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 orange zest juiced
- ☐ 0.5 cup sugar white

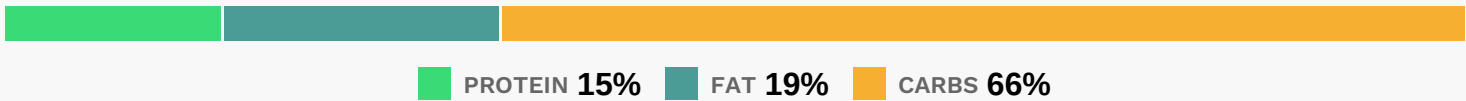
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch square cake pan or line with parchment paper.
- ☐ Process garbanzo beans in a food processor until smooth.
- ☐ Add cinnamon and cloves and pulse until combined.
- ☐ Add eggs, sugar, baking powder, and orange zest; process until just combined. Stir orange juice into garbanzo mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 50 minutes.
- ☐ Remove cake from pan and cool completely on a wire rack before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:34.57, Glycemic Load:14.58, Inflammation Score:-2, Nutrition Score:7.7834781848866%

Nutrients (% of daily need)

Calories: 162.75kcal (8.14%), Fat: 3.56g (5.48%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 24.09g (8.76%), Sugar: 16.73g (18.59%), Cholesterol: 81.84mg (27.28%), Sodium: 370.36mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.65%), Manganese: 0.8mg (40.17%), Vitamin B6: 0.38mg (18.89%), Fiber: 3.74g (14.97%), Phosphorus: 130.49mg (13.05%), Calcium: 126.59mg (12.66%), Selenium: 8.33µg (11.9%), Iron: 1.5mg (8.35%), Folate: 28.74µg (7.19%), Vitamin B2: 0.12mg (6.87%), Copper: 0.13mg (6.51%),

Magnesium: 23.41mg (5.85%), Vitamin B5: 0.56mg (5.62%), Zinc: 0.8mg (5.3%), Potassium: 141.83mg (4.05%),
Vitamin C: 2.82mg (3.41%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin A: 140.06IU (2.8%),
Vitamin B1: 0.03mg (2.29%), Vitamin E: 0.27mg (1.77%)