

Orange Vegan Cake

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 1.5 cups flour all-purpose
- 1 large cranberry-orange relish peeled
- 0.3 teaspoon salt
- 0.5 cup vegetable oil
- 1 cup sugar white

Equipment

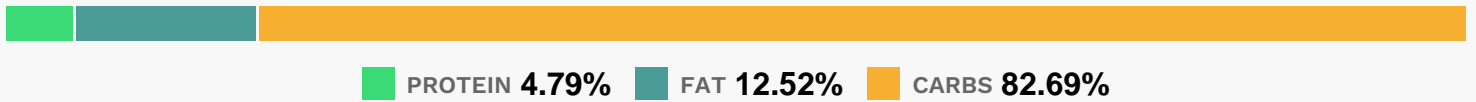
- bowl

- frying pan
- oven
- whisk
- blender
- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking pan.
- Blend orange in the blender until liquified; measure 1 cup orange juice.
- Whisk orange juice, flour, sugar, vegetable oil, baking soda, and salt together in a bowl.
- Pour batter into the prepared pan.
- Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.45, Glycemic Load:31.31, Inflammation Score:-3, Nutrition Score:4.7304347598034%

Flavonoids

Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 216.46kcal (10.82%), Fat: 3.06g (4.71%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 44.31g (16.11%), Sugar: 27.16g (30.18%), Cholesterol: 0mg (0%), Sodium: 278.59mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Vitamin C: 12.24mg (14.83%), Vitamin B1: 0.2mg (13.6%), Folate: 49.79µg (12.45%), Selenium: 8.21µg (11.73%), Manganese: 0.17mg (8.34%), Vitamin B2: 0.13mg (7.63%), Vitamin B3: 1.45mg (7.24%), Iron: 1.12mg (6.25%), Vitamin K: 5.08µg (4.84%), Fiber: 1.18g (4.74%), Phosphorus:

28.53mg (2.85%), Copper: 0.05mg (2.3%), Potassium: 67.22mg (1.92%), Vitamin E: 0.28mg (1.86%), Magnesium: 7.46mg (1.86%), Vitamin B5: 0.16mg (1.6%), Calcium: 13.01mg (1.3%), Zinc: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.21%), Vitamin A: 51.75IU (1.03%)