



Peach Cake I

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.7 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 15 ounce peaches sliced canned
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white

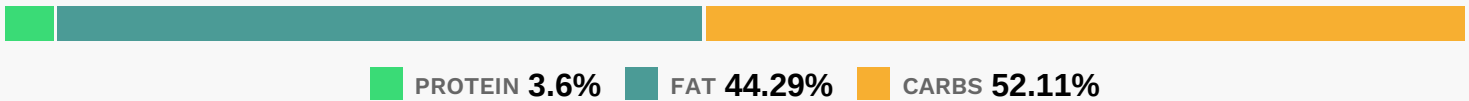
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees (175 degrees C). Lightly grease one 8 x 8-inch pan.
- ☐ Cream together the sugar and butter.
- ☐ Add the flour, milk, salt, and baking powder.
- ☐ Mix well and pour into prepared pan.
- ☐ Spread fruit evenly over the top of the batter and pour juice from canned peaches over top.
- ☐ Bake in at 350 degrees F (175 degrees C) for 50 minutes or until fully browned on top.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:28.58, Inflammation Score:-5, Nutrition Score:5.3726086979327%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 325.34kcal (16.27%), Fat: 16.45g (25.31%), Saturated Fat: 10.18g (63.64%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 42.33g (15.39%), Sugar: 30.56g (33.96%), Cholesterol: 43.42mg (14.47%), Sodium: 316.47mg (13.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin A: 683.07IU (13.66%), Selenium: 7.19µg (10.27%), Vitamin B1: 0.15mg (9.94%), Calcium: 96.2mg (9.62%), Folate: 32.35µg (8.09%), Vitamin B2: 0.14mg (8.02%), Phosphorus: 78.12mg (7.81%), Manganese: 0.14mg (7.06%), Vitamin B3: 1.38mg (6.91%), Iron: 1.03mg (5.74%), Vitamin E: 0.85mg (5.65%), Fiber: 1.22g (4.88%), Potassium: 121.14mg (3.46%), Copper: 0.07mg (3.3%), Vitamin K: 3.03µg (2.89%), Magnesium: 11.09mg (2.77%), Vitamin C: 2.18mg (2.64%), Vitamin B12: 0.16µg (2.59%), Vitamin B5: 0.26mg (2.56%), Zinc: 0.35mg (2.3%), Vitamin B6: 0.03mg (1.73%), Vitamin D: 0.25µg (1.68%)