



Peach Cake II



Vegetarian



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

223 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 cups peaches fresh pitted peeled sliced
- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil

☐ 1.8 cups sugar white

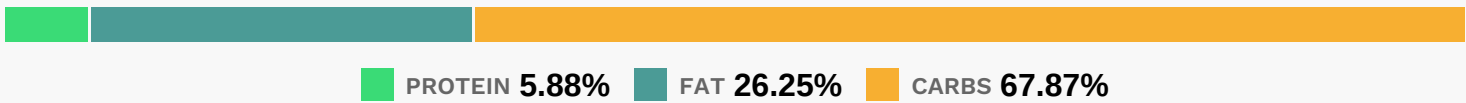
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13 inch pan.
- ☐ In a large bowl, combine the eggs, sugar, oil, flour, salt, cinnamon, baking soda, peaches and pecans.
- ☐ Mix thoroughly by hand.
- ☐ Pour into prepared 9x13 inch pan and bake at 375 degrees F (190 degrees C) for 50 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:13.36, Glycemic Load:26.22, Inflammation Score:-2, Nutrition Score:4.8860869925955%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 222.84kcal (11.14%), Fat: 6.65g (10.24%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 37.53g (13.65%), Sugar: 25.23g (28.04%), Cholesterol: 32.74mg (10.91%), Sodium: 243.74mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Manganese: 0.32mg (15.84%), Selenium: 9.07µg (12.95%), Vitamin B1: 0.16mg (10.89%), Folate: 36.68µg (9.17%), Vitamin B2: 0.14mg (8.13%), Iron: 1.11mg

(6.19%), Vitamin B3: 1.2mg (6%), Vitamin K: 6.21µg (5.91%), Phosphorus: 50.09mg (5.01%), Fiber: 1.18g (4.71%),
Copper: 0.09mg (4.61%), Vitamin E: 0.54mg (3.63%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.27mg (2.71%),
Magnesium: 10.85mg (2.71%), Vitamin A: 116.89IU (2.34%), Potassium: 71mg (2.03%), Vitamin B6: 0.04mg (1.76%),
Vitamin B12: 0.08µg (1.31%), Calcium: 12.46mg (1.25%), Vitamin D: 0.18µg (1.17%), Vitamin C: 0.89mg (1.08%)