



Peach Filled Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



363 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 0.8 cup butter softened
- 3 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 teaspoon lemon zest
- 0.7 cup milk

- 4 peaches – fresh pitted sliced
- 0.3 teaspoon salt
- 1 cup sugar white
- 0.9 cup flour whole wheat

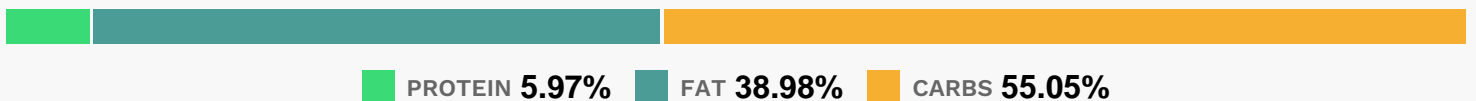
Equipment

- bowl
- frying pan
- oven
- baking pan
- cake form

Directions

- Bake at 350 degrees F (175 degrees C). Grease and flour one 8x10 inch cake pan.
- In a bowl, cream the butter or margarine with the granulated sugar. Beat in the eggs, then the lemon rind and milk.
- In another bowl, stir together the whole wheat flour, all purpose flour, baking powder, and salt. Beat into the creamed mixture.
- Spread half the batter evenly into the prepared pan. Arrange the peach slices on top and sprinkle with the brown sugar combined with the ground cinnamon.
- Spread the remaining batter on top.
- Bake at 350 degrees F (175 degrees C) for 50 minutes.
- Let cake cool on a rack. Because this cake is so moist, it is easiest to serve it directly from the baking pan. It should be stored in the refrigerator. Makes 16 servings.

Nutrition Facts



Properties

Glycemic Index:37.03, Glycemic Load:23.44, Inflammation Score:-5, Nutrition Score:8.8243477655494%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 362.74kcal (18.14%), Fat: 16.2g (24.92%), Saturated Fat: 9.54g (59.64%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 49.03g (17.83%), Sugar: 33.04g (36.71%), Cholesterol: 87.66mg (29.22%), Sodium: 287.87mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Manganese: 0.58mg (28.82%), Selenium: 16.73µg (23.9%), Vitamin A: 720.03IU (14.4%), Phosphorus: 128.75mg (12.87%), Vitamin B1: 0.18mg (12.04%), Vitamin B2: 0.19mg (11.19%), Fiber: 2.44g (9.75%), Folate: 37.92µg (9.48%), Calcium: 93.93mg (9.39%), Vitamin B3: 1.79mg (8.93%), Iron: 1.56mg (8.65%), Vitamin E: 1.06mg (7.1%), Magnesium: 26.78mg (6.69%), Copper: 0.12mg (6.15%), Potassium: 182.47mg (5.21%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.5mg (5.02%), Vitamin B6: 0.1mg (4.98%), Vitamin B12: 0.23µg (3.9%), Vitamin C: 2.72mg (3.3%), Vitamin K: 3.35µg (3.19%), Vitamin D: 0.44µg (2.95%)