

Plain Eggless Cake

 Vegetarian

READY IN



70 min.

SERVINGS



15

CALORIES



279 kcal

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup butter melted
- 2.5 cups flour all-purpose
- 1 cup orange juice
- 14 ounce condensed milk sweetened canned
- 2 teaspoons vanilla extract

Equipment

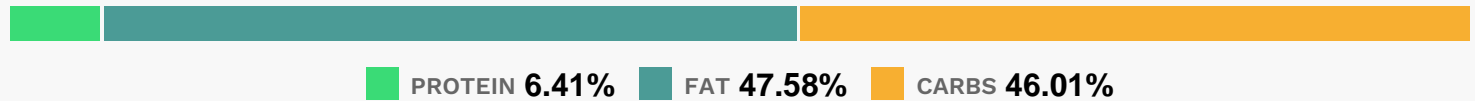
- bowl

- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- Sift together the flour, baking powder and baking soda into a large bowl. In a large bowl, mix together the flour, baking powder, baking soda. Make a well in the center and pour in the sweetened condensed milk, orange juice, vanilla and melted butter.
- Mix well and pour into prepared pan.
- Bake in the preheated oven for 30 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:21.3, Inflammation Score:-4, Nutrition Score:6.2665217790915%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 278.53kcal (13.93%), Fat: 14.81g (22.79%), Saturated Fat: 9.27g (57.92%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 31.64g (11.51%), Sugar: 15.92g (17.68%), Cholesterol: 41.53mg (13.84%), Sodium: 261.03mg (11.35%), Alcohol: 0.18g (100%), Alcohol %: 0.29% (100%), Protein: 4.49g (8.98%), Selenium: 11.15µg (15.93%), Vitamin B1: 0.2mg (13.54%), Vitamin B2: 0.22mg (13.15%), Folate: 46.45µg (11.61%), Calcium: 115.12mg (11.51%), Vitamin C: 8.95mg (10.85%), Phosphorus: 107.6mg (10.76%), Vitamin A: 481.9IU (9.64%), Manganese: 0.15mg (7.36%), Vitamin B3: 1.36mg (6.8%), Iron: 1.11mg (6.18%), Potassium: 158.05mg (4.52%), Magnesium: 13.79mg (3.45%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.42mg (2.78%), Vitamin E: 0.41mg (2.75%), Fiber: 0.6g (2.39%), Vitamin B12: 0.14µg (2.37%), Copper: 0.04mg (2.08%), Vitamin B6: 0.03mg (1.49%), Vitamin K: 1.3µg (1.24%)