



Poor Man's Cake I

 Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



186 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening

- ☐ 0.5 cup water cold
- ☐ 1 cup sugar white

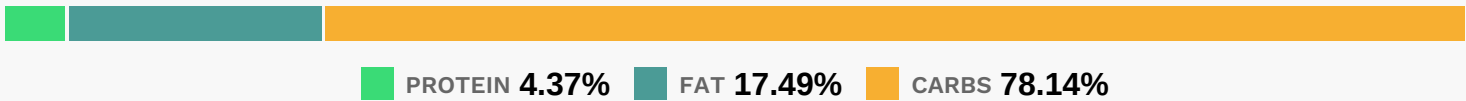
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking powder, baking soda and salt. Set aside.
- ☐ In a saucepan, combine raisins and 1 cup water. Bring to a boil, then reduce heat and simmer for 15 minutes.
- ☐ Remove from heat and stir in 1/2 cup cold water and 1/4 cup shortening.
- ☐ In a large bowl, combine sugar, cinnamon, nutmeg, allspice, salt, baking soda and flour. Stir in raisin mixture until well blended.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.59, Glycemic Load:24.64, Inflammation Score:-1, Nutrition Score:3.5030434783548%

Nutrients (% of daily need)

Calories: 185.81kcal (9.29%), Fat: 3.73g (5.74%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 36.01g (13.1%), Sugar: 13.37g (14.86%), Cholesterol: 0mg (0%), Sodium: 192.08mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin B1: 0.15mg (9.87%), Manganese: 0.17mg (8.43%), Selenium: 5.82µg (8.32%), Folate: 31.01µg (7.75%), Vitamin B2: 0.11mg (6.55%), Iron: 1.17mg (6.5%), Fiber: 1.5g (6%), Vitamin B3: 1.15mg (5.75%), Potassium: 138.96mg (3.97%), Copper: 0.07mg (3.57%), Phosphorus: 29.14mg (2.91%),

Magnesium: 8.35mg (2.09%), Vitamin K: 1.89µg (1.8%), Vitamin B6: 0.04mg (1.75%), Vitamin E: 0.22mg (1.47%),
Vitamin B5: 0.1mg (1.03%)