

Poor Mans Cake II

 Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



297 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 3 cups flour all-purpose
- 4 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg
- 2 cups raisins
- 1 teaspoon salt

- 0.8 cup shortening
- 2 cups water

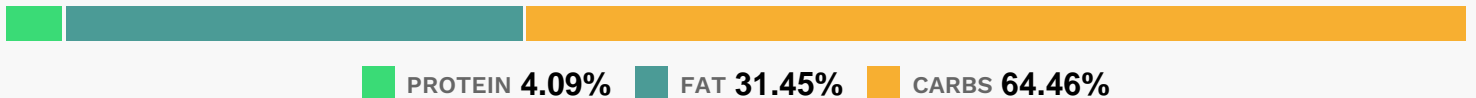
Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C) grease and flour a 9x13 inch pan.
- In a saucepan mix brown sugar, raisins, water and shortening. Bring to a boil and boil 3 minutes.
- Remove from heat and let cool.
- In a large bowl, combine flour, baking soda, salt, cinnamon, nutmeg and cloves. When raisin mixture is cool, add to dry ingredients and mix well to combine.
- Bake at 350 degrees F (175 degrees C) for 30 or 40 minutes. Do not over bake or it will be too dry. Test after 30 minutes. A toothpick inserted into the center of cake should come out clean.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:21.98, Inflammation Score:-2, Nutrition Score:5.9521739395416%

Nutrients (% of daily need)

Calories: 296.95kcal (14.85%), Fat: 10.67g (16.42%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 46.87g (17.04%), Sugar: 14.35g (15.94%), Cholesterol: 0mg (0%), Sodium: 313.4mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Manganese: 0.41mg (20.45%), Vitamin B1: 0.22mg (14.72%), Selenium: 8.8µg (12.57%), Folate: 46.64µg (11.66%), Iron: 1.84mg (10.21%), Fiber: 2.35g (9.38%), Vitamin B2:

0.16mg (9.37%), Vitamin B3: 1.72mg (8.59%), Potassium: 209.91mg (6%), Vitamin K: 5.88µg (5.6%), Copper: 0.11mg (5.51%), Vitamin E: 0.67mg (4.45%), Phosphorus: 42.85mg (4.29%), Magnesium: 13.85mg (3.46%), Calcium: 28.91mg (2.89%), Vitamin B6: 0.05mg (2.75%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.23mg (1.56%), Vitamin C: 1.07mg (1.3%)