



Raisin Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 0.5 cup butter cut into chunks
- ☐ 1 tablespoon cinnamon
- ☐ 1 tablespoon dutch-processed cocoa powder unsweetened
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cloves
- ☐ 2 cups raisins

- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 2 cups pastry flour whole-wheat

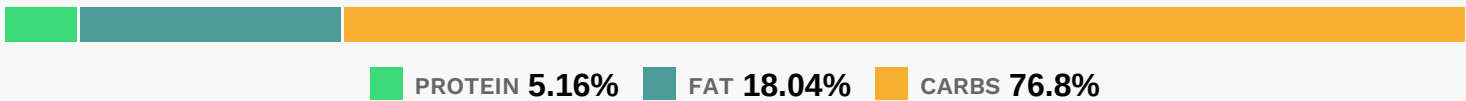
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9- by 13-in. baking pan with cooking-oil spray and set aside.
- ☐ In a medium saucepan, bring raisins and 3 cups water to a boil. Reduce heat to maintain a steady simmer and cook until very tender, about 15 minutes.
- ☐ Remove from heat, add butter, and let sit until butter melts.
- ☐ Meanwhile, in a large bowl, combine flours, sugar, cocoa powder, baking soda, cinnamon, cloves, allspice, and salt. Set aside.
- ☐ Stir raisin-butter mixture into flour mixture.
- ☐ Transfer batter to prepared pan and bake until a toothpick or knife inserted in the center comes out clean, about 45 minutes.
- ☐ Serve cake warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.82, Glycemic Load:44.98, Inflammation Score:-4, Nutrition Score:10.885652377554%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 415.01kcal (20.75%), Fat: 8.71g (13.41%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 83.47g (27.82%), Net Carbohydrates: 78.52g (28.55%), Sugar: 33.44g (37.15%), Cholesterol: 20.34mg (6.78%), Sodium: 536.87mg (23.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 1.26mg (62.97%), Selenium: 19.96µg (28.52%), Fiber: 4.95g (19.79%), Vitamin B1: 0.29mg (19.49%), Iron: 2.48mg (13.76%), Vitamin B3: 2.52mg (12.6%), Folate: 48.21µg (12.05%), Phosphorus: 118.14mg (11.81%), Vitamin B2: 0.19mg (11.25%), Magnesium: 42.56mg (10.64%), Copper: 0.21mg (10.35%), Potassium: 309.89mg (8.85%), Vitamin B6: 0.14mg (6.94%), Zinc: 0.77mg (5.12%), Vitamin A: 241.3IU (4.83%), Calcium: 28.78mg (2.88%), Vitamin E: 0.4mg (2.7%), Vitamin B5: 0.24mg (2.37%), Vitamin C: 1.4mg (1.69%), Vitamin K: 1.56µg (1.49%)