



## Rhubarb Cake III

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



193 kcal

DESSERT

### Ingredients

- 0.5 cup almonds finely chopped
- 1 teaspoon baking soda
- 4 tablespoons brown sugar
- 4 tablespoons butter
- 1 cup buttermilk
- 0.5 cup coconut flakes flaked
- 2 eggs
- 4 tablespoons flour all-purpose

- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 2 cups rhubarb finely chopped
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups granulated sugar white

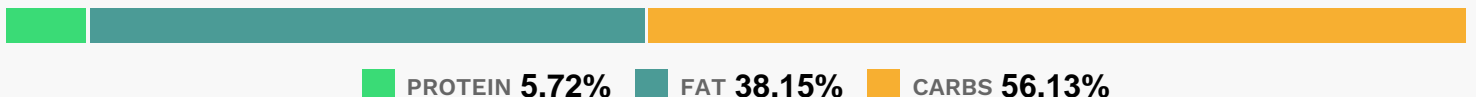
## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. In a small bowl, mix chopped rhubarb with 1/2 cup sugar; set aside. Sift together the flour, baking soda, salt, cinnamon and nutmeg. Set aside.
- In a large bowl, cream together 1/2 cup butter and 1 1/2 cup sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the buttermilk. Fold in the rhubarb mixture. Stir in the coconut and chopped almonds.
- Pour batter into prepared pan.
- To make streusel topping: In a small bowl, combine 4 tablespoons flour and 4 tablespoons brown sugar.
- Cut in butter until mixture resembles coarse crumbs.
- Sprinkle on top of cake.
- Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

## Nutrition Facts



## Properties

Glycemic Index:21.61, Glycemic Load:15.43, Inflammation Score:-2, Nutrition Score:4.2995652271354%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 192.68kcal (9.63%), Fat: 8.46g (13.02%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 26.53g (9.65%), Sugar: 24.52g (27.25%), Cholesterol: 31.61mg (10.54%), Sodium: 202.54mg (8.81%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 2.86g (5.71%), Manganese: 0.26mg (13.17%), Vitamin E: 1.44mg (9.6%), Vitamin B2: 0.13mg (7.75%), Phosphorus: 59.69mg (5.97%), Fiber: 1.49g (5.96%), Selenium: 4.17µg (5.96%), Calcium: 54.82mg (5.48%), Magnesium: 20.71mg (5.18%), Vitamin K: 5.15µg (4.9%), Copper: 0.09mg (4.52%), Potassium: 135.78mg (3.88%), Vitamin A: 168.48IU (3.37%), Iron: 0.55mg (3.08%), Folate: 10.91µg (2.73%), Vitamin B1: 0.04mg (2.72%), Zinc: 0.38mg (2.55%), Vitamin B5: 0.23mg (2.27%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.33µg (2.17%), Vitamin B3: 0.38mg (1.92%), Vitamin B6: 0.04mg (1.87%), Vitamin C: 1.35mg (1.64%)