



Rhubarb Spice Cake

 Vegetarian

READY IN



135 min.

SERVINGS



16

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups sugar
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 1.3 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves

- ☐ 1 teaspoon nutmeg
- ☐ 1 teaspoon vanilla
- ☐ 3 large eggs
- ☐ 1.8 cups rhubarb fresh finely chopped
- ☐ 1 cup nuts chopped
- ☐ 1 serving garnish: whipped cream sweetened

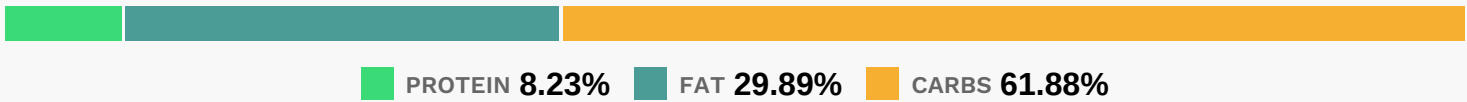
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening; lightly flour.
- ☐ In large bowl, beat flour, 1 1/4 cups of the sugar and remaining ingredients except rhubarb, nuts and whipped cream with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in rhubarb.
- ☐ Pour into pan.
- ☐ Sprinkle with nuts and remaining 1/4 cup sugar.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ Serve with Sweetened Whipped Cream.

Nutrition Facts



Properties

Glycemic Index:19.86, Glycemic Load:22.25, Inflammation Score:-2, Nutrition Score:5.8073912858963%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg

Nutrients (% of daily need)

Calories: 213.77kcal (10.69%), Fat: 7.27g (11.19%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 32.27g (11.73%), Sugar: 19.04g (21.15%), Cholesterol: 35.16mg (11.72%), Sodium: 246.95mg (10.74%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 4.5g (9.01%), Manganese: 0.41mg (20.6%), Selenium: 8.46µg (12.08%), Vitamin B1: 0.15mg (9.86%), Folate: 38.58µg (9.64%), Vitamin B2: 0.15mg (8.62%), Phosphorus: 77.28mg (7.73%), Copper: 0.15mg (7.59%), Iron: 1.29mg (7.18%), Vitamin B3: 1.4mg (7%), Magnesium: 27.17mg (6.79%), Fiber: 1.61g (6.43%), Vitamin K: 6.71µg (6.39%), Zinc: 0.6mg (3.99%), Potassium: 125.39mg (3.58%), Vitamin B5: 0.33mg (3.34%), Calcium: 28.47mg (2.85%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.27mg (1.81%), Vitamin B12: 0.08µg (1.41%), Vitamin A: 68.85IU (1.38%), Vitamin C: 1.11mg (1.35%), Vitamin D: 0.19µg (1.26%)