

Root Beer Cake II

 Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



256 kcal

DESSERT

Ingredients

- 0.3 cup apple sauce
- 1 tablespoon double-acting baking powder
- 3 ounce oatmeal instant
- 5 egg whites
- 2 eggs
- 2 cups flour all-purpose
- 8 fluid ounces root beer chilled
- 1 teaspoon salt

- 0.8 cup shortening
- 1.5 teaspoons 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. Sift together the flour, baking powder and salt. Set aside.
- In a large bowl, cream together the shortening and sugar until light and fluffy.
- Add the egg whites, eggs and vanilla and beat until smooth.
- Add the flour mixture alternately with the applesauce and 1 1/4 cup root beer Beat well, then spread batter into a 9x13 inch pan.
- Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted into the cake comes out clean. Allow to cool.
- To make the frosting: In a large bowl, combine the instant dessert topping with 1 cup chilled root beer. whip until fluffy then spread on cooled cake.

Nutrition Facts



PROTEIN 5.73% **FAT 38.8%** **CARBS 55.47%**

Properties

Glycemic Index:19.84, Glycemic Load:23.72, Inflammation Score:-1, Nutrition Score:4.2021738493248%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 11.14g (17.14%), Saturated Fat: 2.79g (17.44%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 35.24g (12.82%), Sugar: 22.22g (24.69%), Cholesterol: 21.82mg (7.27%), Sodium: 268.1mg (11.66%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 3.7g (7.4%), Selenium: 9.91µg (14.15%), Vitamin B1: 0.14mg (9.4%), Vitamin B2: 0.16mg (9.37%), Folate: 34.12µg (8.53%), Manganese: 0.15mg (7.73%), Iron: 1.06mg (5.89%), Calcium: 55.4mg (5.54%), Phosphorus: 53.24mg (5.32%), Vitamin K: 5.56µg (5.29%), Vitamin B3: 1.02mg (5.08%), Vitamin E: 0.71mg (4.74%), Vitamin B5: 0.27mg (2.71%), Fiber: 0.59g (2.37%), Copper: 0.04mg (1.94%), Magnesium: 7.55mg (1.89%), Zinc: 0.27mg (1.78%), Potassium: 50.55mg (1.44%), Vitamin B12: 0.06µg (1.02%)