

Sour Milk Spice Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



260 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon salt
- 1 cup milk sour
- 0.5 cup vegetable oil
- 0.8 cup walnut pieces chopped

1 cup granulated sugar white

Equipment

frying pan

oven

baking pan

Directions

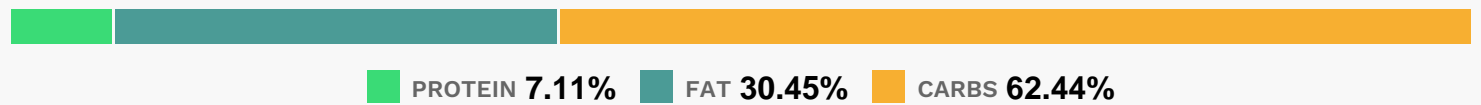
Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x9 inch baking pan.

Combine and sift sugar, flour, soda, salt, cinnamon and cloves. Make a well in the center and pour in the milk and oil.

Mix until combined, then add nuts.

Pour into a 9x9 inch pan and bake at 350 degrees F (175 degrees C) for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:28.32, Inflammation Score:-3, Nutrition Score:6.737826195748%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg

Nutrients (% of daily need)

Calories: 260.07kcal (13%), Fat: 9.01g (13.86%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 40.16g (14.6%), Sugar: 21.44g (23.82%), Cholesterol: 2.93mg (0.98%), Sodium: 236.16mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Manganese: 0.57mg (28.36%), Vitamin B1: 0.24mg (16%), Folate: 54.39µg (13.6%), Selenium: 9.5µg (13.58%), Vitamin B2: 0.17mg (10.26%), Copper: 0.18mg (8.92%), Phosphorus: 82.24mg (8.22%), Iron: 1.46mg (8.08%), Vitamin B3: 1.6mg (8.02%), Magnesium: 22.67mg (5.67%), Fiber: 1.4g (5.61%), Calcium: 45.27mg (4.53%), Vitamin K: 4.6µg (4.38%), Zinc: 0.55mg (3.7%), Vitamin B6: 0.07mg (3.69%), Potassium: 104.35mg (2.98%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.13µg (2.2%), Vitamin E: 0.28mg (1.87%), Vitamin D: 0.27µg (1.79%)