



Sugar and Spice Cake

READY IN



55 min.

SERVINGS



8

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 3 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.8 cup cream sour
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 eggs

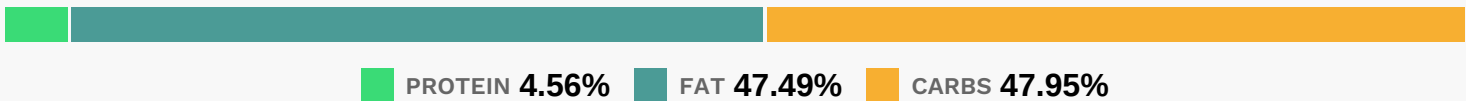
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°. Grease bottom and side of round pan, 9x1 1/2 inches, or square pan, 8x8x2 inches, with shortening; lightly flour.
- ☐ Mix flour, sugar, cinnamon and salt in large bowl.
- ☐ Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture is size of small peas; reserve 1/3 cup.
- ☐ Stir remaining ingredients into flour mixture with spoon until well blended.
- ☐ Pour into pan.
- ☐ Sprinkle reserved flour mixture over batter.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:28.37, Inflammation Score:-2, Nutrition Score:5.6056522195754%

Nutrients (% of daily need)

Calories: 341.15kcal (17.06%), Fat: 18.32g (28.19%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 40.7g (14.8%), Sugar: 25.8g (28.66%), Cholesterol: 53.64mg (17.88%), Sodium: 286mg (12.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Selenium: 10.97µg (15.67%), Manganese: 0.27mg (13.54%), Vitamin B2: 0.19mg (11.06%), Vitamin B1: 0.16mg (10.98%), Folate: 42.25µg (10.56%), Vitamin K: 7.47µg

(7.11%), Phosphorus: 70.7mg (7.07%), Iron: 1.25mg (6.96%), Calcium: 68.19mg (6.82%), Vitamin E: 1.01mg (6.75%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.42mg (4.16%), Vitamin A: 195.95IU (3.92%), Fiber: 0.93g (3.71%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.39%), Copper: 0.04mg (2.22%), Magnesium: 8.36mg (2.09%), Potassium: 66.88mg (1.91%), Vitamin B6: 0.04mg (1.87%), Vitamin D: 0.22µg (1.47%)