

# Sugar Free Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



327 kcal

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 2 eggs
- 2 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 3 tablespoons liquid sweetener
- 2 cups raisins
- 0.5 teaspoon salt

- 1 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 0.8 cup vegetable oil
- 1 cup walnut pieces chopped
- 3 cups water

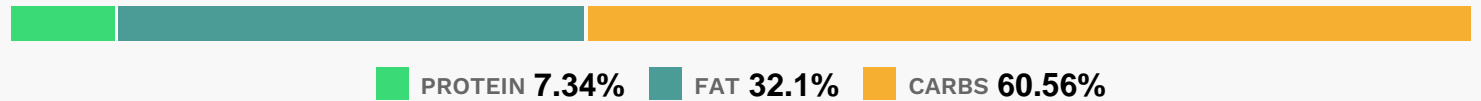
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 10 inch bundt or tube pan.
- In a saucepan combine raisins with water and cook until the water is absorbed, cool.
- Combine eggs, applesauce, vegetable oil, vanilla, and liquid sweetener.
- Mix well. Sift flour, baking soda, salt, ground cinnamon, and ground nutmeg into egg mixture. Stir until just combined.
- Mix in raisins and chopped nuts.
- Pour batter into prepared pan.
- Bake at 350 degrees F (175 degrees C) for one hour.

## Nutrition Facts



## Properties

Glycemic Index:28.11, Glycemic Load:28.92, Inflammation Score:-4, Nutrition Score:9.7086955775385%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin:

1.32mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 326.67kcal (16.33%), Fat: 12.2g (18.77%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 47.9g (17.42%), Sugar: 7.95g (8.84%), Cholesterol: 32.74mg (10.91%), Sodium: 251.43mg (10.93%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 6.28g (12.56%), Manganese: 0.72mg (35.87%), Vitamin B1: 0.28mg (18.6%), Selenium: 12.06µg (17.23%), Copper: 0.34mg (16.93%), Folate: 63.17µg (15.79%), Fiber: 3.89g (15.57%), Vitamin B2: 0.24mg (14.37%), Iron: 2.52mg (13.99%), Phosphorus: 108.56mg (10.86%), Potassium: 353.33mg (10.1%), Vitamin B3: 1.97mg (9.86%), Magnesium: 35.72mg (8.93%), Vitamin B6: 0.15mg (7.61%), Vitamin K: 6.65µg (6.33%), Zinc: 0.74mg (4.93%), Calcium: 35.05mg (3.51%), Vitamin B5: 0.34mg (3.4%), Vitamin E: 0.5mg (3.35%), Vitamin C: 2.01mg (2.43%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%), Vitamin A: 57.92IU (1.16%)