



Tomato Soup Spice Cake

READY IN



90 min.

SERVINGS



12

CALORIES



482 kcal

DESSERT

Ingredients

- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 10.8 ounce campbell's® condensed tomato soup canned
- 16 ounce confectioners' sugar
- 8 ounce cream cheese softened
- 2 eggs
- 2 cups flour all-purpose
- 1.5 teaspoons ground allspice
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground cloves
- 2 tablespoons milk
- 1.3 cups sugar
- 1 teaspoon vanilla
- 0.5 cup vegetable shortening
- 0.3 cup water

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- baking pan

Directions

- Preheat oven to 350 degrees F. Grease 13x9 inch baking pan.
- Mix flour, sugar, baking powder, allspice, baking soda, cinnamon and cloves in bowl.
- Add soup, shortening, eggs and water. Beat until mixed, using mixer at low speed. Beat 4 minutes, using high speed.
- Pour into prepared pan.
- Bake 40 minutes or until done. Cool in pan on wire rack. Frost with Cream Cheese Frosting.
- Combine the cream cheese, milk and vanilla in a medium bowl. Using a mixer at medium speed, beat until creamy. Slowly add the confectioners' sugar, mixing until smooth and of spreading consistency. (
- Add a little more milk if needed.) Makes 3 cups.

Nutrition Facts



 PROTEIN 3.84%  FAT 29.74%  CARBS 66.42%

Properties

Glycemic Index:29.88, Glycemic Load:29.01, Inflammation Score:-4, Nutrition Score:6.7369565393614%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 481.8kcal (24.09%), Fat: 16.24g (24.99%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 81.61g (27.2%), Net Carbohydrates: 80.6g (29.31%), Sugar: 62.2g (69.11%), Cholesterol: 46.67mg (15.56%), Sodium: 401.44mg (17.45%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 4.72g (9.44%), Selenium: 12.13µg (17.33%), Manganese: 0.27mg (13.56%), Vitamin B1: 0.19mg (12.34%), Vitamin B2: 0.2mg (11.72%), Calcium: 115.01mg (11.5%), Folate: 43.39µg (10.85%), Phosphorus: 97.35mg (9.73%), Iron: 1.49mg (8.3%), Vitamin A: 399IU (7.98%), Vitamin B3: 1.49mg (7.43%), Potassium: 209.98mg (6%), Vitamin E: 0.87mg (5.83%), Vitamin K: 6.02µg (5.73%), Vitamin C: 3.38mg (4.1%), Fiber: 1.02g (4.06%), Vitamin B5: 0.38mg (3.8%), Magnesium: 12.12mg (3.03%), Copper: 0.06mg (2.95%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.41mg (2.7%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.17µg (1.16%)