



WHATSheATE



Tropical Dairy-Free Fruit Cake



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 small banana diced ripe
- ☐ 1 cup soy oil for soy-free]
- ☐ 0.3 cup rum dark
- ☐ 4 eggs
- ☐ 0.5 cup preserved ginger packed (health food stores)
- ☐ 1 cup golden raisins
- ☐ 1 optional: lemon seeded quartered

- ☐ 1 large navel oranges seeded quartered
- ☐ 0.5 cup pineapple juice
- ☐ 0.3 teaspoon salt
- ☐ 3 cups rice flour whole wheat
- ☐ 1.5 cups sugar

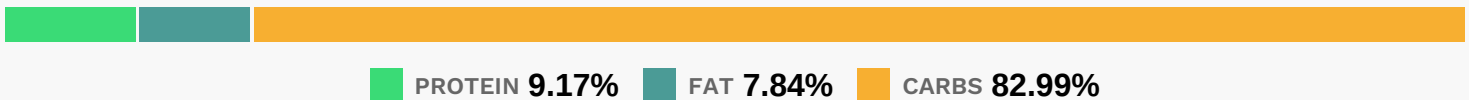
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 350 °F.Finely grind the ginger in a food processor.
- ☐ Add the citrus and pulse until finely ground but not mushy.Set the mixture aside.In the same food processor bowl, cream the oil, rum, sugar and eggs.
- ☐ Mix the flour with the baking soda and salt in a bowl.
- ☐ Add the flour mixture alternatively with the juice, pulsing only until well combined.
- ☐ Add the reserved citrus mixture, the banana and raisins, and pulse just until combined.
- ☐ Pour the batter into a greased 10 inch tube pan.
- ☐ Bake 1 hour or until a knife inserted in the center comes out clean.Unmold and invert to cool.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:18.76, Inflammation Score:-5, Nutrition Score:4.8947826157445%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 239.4kcal (11.97%), Fat: 2.04g (3.14%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 44.2g (16.07%), Sugar: 26.59g (29.54%), Cholesterol: 40.92mg (13.64%), Sodium: 196.99mg (8.56%), Alcohol: 1.25g (100%), Alcohol %: 1.45% (100%), Protein: 5.38g (10.75%), Fiber: 4.44g (17.75%), Vitamin C: 11.66mg (14.13%), Vitamin A: 664.53IU (13.29%), Iron: 1.66mg (9.24%), Manganese: 0.13mg (6.3%), Vitamin B2: 0.09mg (5.53%), Vitamin B6: 0.11mg (5.33%), Selenium: 3.72µg (5.31%), Potassium: 175.84mg (5.02%), Phosphorus: 45.15mg (4.52%), Folate: 15.38µg (3.84%), Copper: 0.08mg (3.81%), Magnesium: 12.6mg (3.15%), Vitamin B5: 0.27mg (2.67%), Vitamin B1: 0.03mg (2.32%), Calcium: 21.29mg (2.13%), Vitamin B3: 0.38mg (1.89%), Zinc: 0.26mg (1.76%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin E: 0.17mg (1.1%)