



Tutti Frutti Cake



Vegetarian



Gluten Free

READY IN



83 min.

SERVINGS



12

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 0.5 Teaspoon baking soda
- ☐ 13 Tablespoons butter softened (See Note 1)
- ☐ 3 Tablespoons milk
- ☐ 0.5 cup yogurt plain
- ☐ 0.3 Teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup apple sauce unsweetened

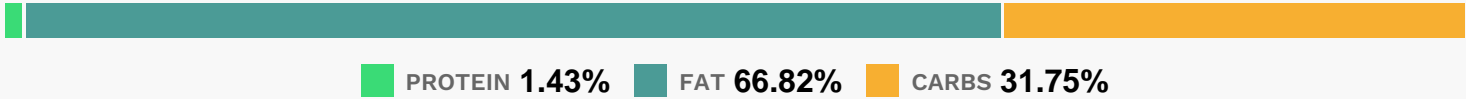
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Lightly butter a loaf pan (see My Note
- ☐ and line it with parchment paper.
- ☐ Place the tutti frutti in a small bowl and mix in a tablespoon of flour (from the flour measured for the cake), separating the pieces sticking together. This prevents the fruit from sinking to the bottom of the cake. In a large bowl, sift together the flour, baking powder, soda and salt.
- ☐ Whisk in the sugar. To this flour mixture add the butter and all the wet ingredients. Start blending the ingredients with an electric mixer at low speed and gradually increase the speed. Scrape down the sides of the bowl and continue beating the mixture for about 5–6 minutes. Now you can see that the mixture would have doubled because of the creaming of butter and sugar. Now mix in the tutti frutti pieces and combine it until its evenly distributed in the batter.
- ☐ Transfer the tutti frutti cake batter to the prepared pan and smooth the batter out.
- ☐ Bake for about 55–65 minutes or until a toothpick inserted in the middle of the cake comes out clean. Mine was done in about 58 minutes. The cake also started browning on the sides after about 30 minutes. So I covered the pan with an aluminum foil around the 33rd minute and completed the baking.
- ☐ Remove the pan from the oven and place it on a wire rack. Cool it for about 15 minutes and remove the cake from the pan and place it on the rack to cool completely. Leave it overnight before you can slice it. The more time you give it the easier it is to slice. I got very neat slices the following afternoon.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:8.89, Inflammation Score:-2, Nutrition Score:1.0539130374141%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 167.48kcal (8.37%), Fat: 12.8g (19.69%), Saturated Fat: 8.08g (50.5%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 13.63g (4.96%), Sugar: 13.62g (15.13%), Cholesterol: 34.39mg (11.46%), Sodium: 197.92mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Vitamin A: 396.67IU (7.93%), Vitamin E: 0.37mg (2.45%), Calcium: 20.96mg (2.1%), Phosphorus: 17.38mg (1.74%), Vitamin B2: 0.03mg (1.69%), Vitamin B12: 0.08µg (1.4%), Vitamin K: 1.12µg (1.07%)