



## Ugly Duckling Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



299 kcal

DESSERT

### Ingredients

- 1.5 teaspoons baking soda
- 0.5 cup butter
- 1 cup coconut or flaked
- 2 eggs
- 2 cups flour all-purpose
- 16 ounce fruit cocktail canned
- 1 cup milk
- 0.8 teaspoon salt

1 cup sugar white

## Equipment

frying pan

oven

## Directions

Sift together flour, 1 cup sugar, salt, and baking soda. Beat 2 eggs and pour over dry mixture.

Add fruit cocktail. Stir together.

Grease and flour pan.

Bake at 325 degrees F (165 degrees C) for 45 minutes.

Over low heat, cook together 1 cup sugar, 1 cup milk, 1/2 cup butter or margarine and coconut.

Pour over cake while still hot.

## Nutrition Facts



## Properties

Glycemic Index:24.01, Glycemic Load:26.4, Inflammation Score:-4, Nutrition Score:6.5443478770878%

## Nutrients (% of daily need)

Calories: 298.8kcal (14.94%), Fat: 13.87g (21.34%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 38.73g (14.08%), Sugar: 23.49g (26.1%), Cholesterol: 50.06mg (16.69%), Sodium: 366.57mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Manganese: 0.4mg (19.8%), Selenium: 11.4µg (16.28%), Vitamin B1: 0.19mg (12.63%), Folate: 43.63µg (10.91%), Vitamin B2: 0.19mg (10.89%), Fiber: 2.1g (8.38%), Iron: 1.45mg (8.06%), Phosphorus: 78.58mg (7.86%), Vitamin A: 387.53IU (7.75%), Vitamin B3: 1.45mg (7.24%), Copper: 0.12mg (5.98%), Magnesium: 16.36mg (4.09%), Potassium: 137.65mg (3.93%), Calcium: 38.88mg (3.89%), Vitamin B6: 0.07mg (3.74%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.54mg (3.6%), Zinc: 0.51mg (3.4%), Vitamin B12: 0.19µg (3.19%), Vitamin D: 0.37µg (2.47%), Vitamin K: 1.81µg (1.73%)