



WHATSheATE



## Vegan Sponge Cake



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



397 kcal

DESSERT

### Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 cups barley flour whole
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon energ egg replacer
- ☐ 1 cup brown sugar light
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups warm water

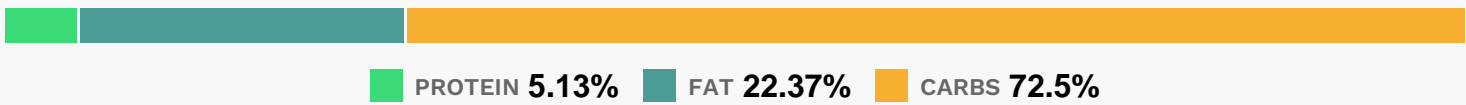
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

## Directions

- ☐ Preheat the oven to 375F for 15 minutes. Line the bottom and sides of an 8 inch square/round pan with parchment paper and grease it with non stick cooking spray.In a large bowl sift the barley flour and mix together the remaining dry ingredients.
- ☐ Add the oil and mix well.
- ☐ Add the water and flavor and mix for another 2 minutes.
- ☐ Pour into the prepared baking pan and bake for 30 minutes or until a toothpick inserted in the center comes out clean.
- ☐ Remove the pan from the oven and let it cool for 15 minutes on a wire rack. Then remove the parchment paper from the sides of the pan and slowly invert the pan to remove the cake.
- ☐ Transfer the cake to the wire rack and let it cool completely before frosting.

## Nutrition Facts



## Properties

Glycemic Index:28.06, Glycemic Load:24.77, Inflammation Score:-2, Nutrition Score:9.5686957058699%

## Nutrients (% of daily need)

Calories: 396.69kcal (19.83%), Fat: 10.12g (15.57%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 73.82g (24.61%), Net Carbohydrates: 68.83g (25.03%), Sugar: 36.05g (40.05%), Cholesterol: 0mg (0%), Sodium: 227.48mg (9.89%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 5.22g (10.45%), Selenium: 19.04µg (27.2%), Manganese: 0.54mg (26.77%), Fiber: 4.99g (19.95%), Phosphorus: 191.35mg (19.14%), Calcium: 176.5mg (17.65%), Vitamin B3: 3.14mg (15.68%), Magnesium: 51.81mg (12.95%), Vitamin E: 1.91mg (12.76%), Vitamin B1: 0.18mg (12.17%), Vitamin B6:

0.21mg (10.53%), Iron: 1.8mg (10.02%), Copper: 0.2mg (9.78%), Vitamin K: 7.74µg (7.37%), Zinc: 1mg (6.69%), Potassium: 202.59mg (5.79%), Vitamin B2: 0.06mg (3.35%), Vitamin B5: 0.12mg (1.2%), Folate: 4.31µg (1.08%)