



Walnut Oatmeal Cake with Coconut

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



588 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 eggs
- 1.5 cups flour
- 0.3 cup heavy cream
- 0.7 cup brown sugar light packed
- 1 cup brown sugar light packed
- 0.3 teaspoon nutmeg

- 1 cup rolled oats instant (not)
- 0.5 teaspoon salt
- 0.5 cup sugar
- 1 cup coconut or shredded sweetened packed flaked
- 8 tablespoons butter unsalted softened at room temperature (1 stick)
- 10 tablespoons butter unsalted cold cut into pieces
- 1 teaspoon vanilla extract pure
- 0.7 cup walnuts chopped
- 1.3 cups water boiling

Equipment

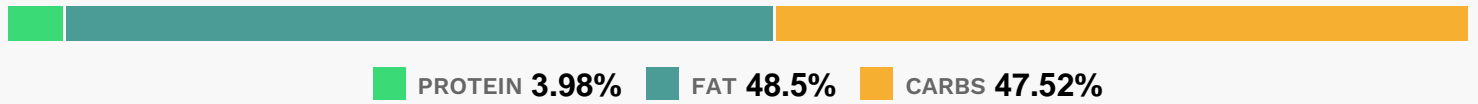
- bowl
- frying pan
- oven
- blender
- hand mixer
- cake form
- broiler

Directions

- Place the oats in a medium bowl.
- Add the boiling water, mix, and let stand 20 minutes. Preheat the oven to 350 degrees F. Lightly butter a 9-inch cake pan, round or square. In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter until smooth.
- Add both sugars and mix until smooth and fluffy.
- Add the eggs and vanilla and mix just until combined.
- Add the rolled oats and mix just until combined.
- In another bowl, mix the flour, baking soda, cinnamon, nutmeg, and salt. Working in 3 batches, add the dry ingredients to the butter-oat mixture, mixing until just combined after each addition.

- Pour into the prepared pan.
- Bake until a tester inserted into the center of the cake comes out dry and almost clean (a few crumbs are okay), 40 to 50 minutes.
- When the cake comes out of the oven, preheat the broiler to high.
- Spread the coconut topping evenly over the cake and broil until golden brown, about 2 minutes, watching carefully to make sure it does not burn.
- Let cool at least 10 minutes before serving.
- In a medium bowl, mix the butter, sugar, and cream.
- Add the nuts and coconut and mix just until combined.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:19.32, Inflammation Score:-6, Nutrition Score:9.9330435110175%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 588.32kcal (29.42%), Fat: 32.47g (49.95%), Saturated Fat: 18.03g (112.7%), Carbohydrates: 71.57g (23.86%), Net Carbohydrates: 69.2g (25.16%), Sugar: 50.06g (55.62%), Cholesterol: 93.64mg (31.21%), Sodium: 279.1mg (12.13%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 6g (12%), Manganese: 0.98mg (48.81%), Selenium: 14.22µg (20.32%), Vitamin A: 766.93IU (15.34%), Vitamin B1: 0.22mg (14.67%), Folate: 50.82µg (12.7%), Copper: 0.25mg (12.31%), Phosphorus: 118.76mg (11.88%), Iron: 2.06mg (11.47%), Vitamin B2: 0.18mg (10.65%), Magnesium: 37.97mg (9.49%), Fiber: 2.37g (9.48%), Vitamin B3: 1.39mg (6.97%), Zinc: 1mg (6.68%), Calcium: 64.56mg (6.46%), Vitamin E: 0.87mg (5.81%), Vitamin B6: 0.12mg (5.8%), Potassium: 188.61mg (5.39%), Vitamin B5: 0.51mg (5.09%), Vitamin D: 0.65µg (4.33%), Vitamin K: 2.5µg (2.38%), Vitamin B12: 0.13µg (2.18%)