



Winter's Bounty Breakfast Cake

READY IN



60 min.

SERVINGS



16

CALORIES



280 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup beets raw grated peeled (two small beets)
- 0.5 cup brown sugar ()
- 16 servings butter for greasing
- 7 ounces cake flour
- 1 cup cranberries dried chopped
- 2 large eggs at room temperature
- 1.5 cups flour all-purpose ()
- 1 tablespoon lemon zest grated

- 0.5 cup parsnips grated peeled (one small parsnip)
- 2 teaspoons rosemary leaves fresh dry chopped (or 1 teaspoon)
- 0.8 teaspoon salt
- 0.7 cup cream sour
- 0.8 teaspoon vanilla extract
- 1 cup walnut pieces chopped
- 3.5 ounces granulated sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks
- spatula

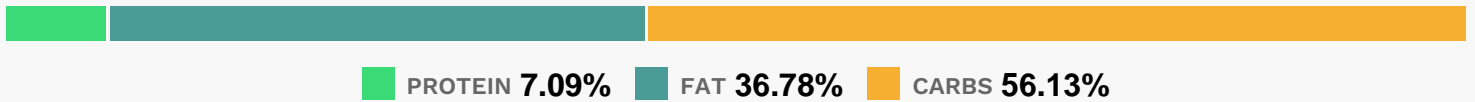
Directions

- Set oven rack to middle of oven and preheat to 350°F. Generously grease two 5- by 9-inch loaf pans and set aside.
- In a small frying pan, heat walnuts over medium heat to toast, agitating every few seconds. Once the walnuts turn fragrant and change to a deeper shade of brown, remove them from the heat. Allow to cool completely.
- In a large bowl, beat the eggs and add white sugar, brown sugar, vanilla, and lemon zest.
- Whisk until well mixed, then add in sour cream and whisk until uniform consistency. Beat in baking soda, salt, and rosemary, mixing well.
- Using a large spoon, stir in cake flour until no white powdery bits are visible. Follow with the all purpose flour, stirring just until there is no more visible flour. Use a rubber spatula to fold in shredded beet, carrot, and parsnip, followed by dried cranberries, followed by the walnuts.

Stir just until combined.

- Divide the batter equally between the two loaf pans and bake until top splits slightly and a toothpick inserted into the middle comes out clean, 35 to 40 minutes, rotating pans half way through baking.
- Remove from oven and allow to cool for 10 minutes in the pan, then turn out onto a cooling rack and let sit until fully cooled.
- Serve with salted butter.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:17.38, Inflammation Score:-3, Nutrition Score:6.4065217531246%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 279.86kcal (13.99%), Fat: 11.73g (18.04%), Saturated Fat: 4.24g (26.51%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 38.28g (13.92%), Sugar: 19.79g (21.98%), Cholesterol: 39.65mg (13.22%), Sodium: 299.89mg (13.04%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 5.09g (10.17%), Manganese: 0.51mg (25.37%), Selenium: 11.88µg (16.97%), Folate: 48.55µg (12.14%), Vitamin B1: 0.14mg (9.28%), Copper: 0.18mg (9.12%), Fiber: 1.99g (7.95%), Phosphorus: 78.14mg (7.81%), Vitamin B2: 0.13mg (7.76%), Iron: 1.16mg (6.47%), Magnesium: 23.22mg (5.8%), Vitamin B3: 1.02mg (5.11%), Vitamin A: 223.47IU (4.47%), Vitamin B6: 0.08mg (3.98%), Zinc: 0.6mg (3.97%), Potassium: 136.17mg (3.89%), Vitamin E: 0.55mg (3.67%), Calcium: 35.1mg (3.51%), Vitamin B5: 0.35mg (3.46%), Vitamin K: 2.31µg (2.2%), Vitamin C: 1.81mg (2.19%), Vitamin B12: 0.08µg (1.4%)