

# Date Honey Nut Cake

Yield: 10 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-nut-cake-recipe>

## Ingredients:

- 3/4 cup dates whole
- 1 cup cake flour
- 1 teaspoon baking powder
- 3/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 pinch nutmeg
- 3/4 cup vegetable oil I use canola
- 1/2 cup brown sugar
- 1/4 cup honey
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup chopped walnuts
- nonstick cooking spray

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 40 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 190 milligrams
9. Sugar: 24 grams

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