

Adam's Apple Cake



Vegetarian



Dairy Free

READY IN



145 min.

SERVINGS



15

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 4 apples cored peeled chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegetable oil

☐ 2 cups sugar white

Equipment

☐ bowl

☐ oven

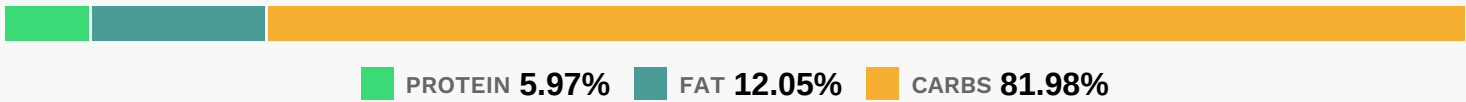
☐ baking pan

☐ toothpicks

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Spray a 9x13-inch baking pan with cooking spray.
- ☐ Combine flour, sugar, vegetable oil, eggs, salt, baking soda, vanilla extract, and cinnamon in a large bowl; mix well.
- ☐ Stir in the chopped apples until just combined.
- ☐ Pour batter into the prepared baking pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:34.19, Inflammation Score:-2, Nutrition Score:5.3417391466058%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg, Epicatechin: 3.65mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 251.86kcal (12.59%), Fat: 3.43g (5.28%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 50.63g (18.41%), Sugar: 31.8g (35.33%), Cholesterol: 32.74mg (10.91%), Sodium: 205.3mg (8.93%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 3.82g (7.65%), Selenium: 11.34µg (16.2%), Vitamin B1: 0.21mg (13.87%), Folate: 51.35µg (12.84%), Manganese: 0.22mg (10.77%), Vitamin B2: 0.18mg (10.69%), Iron: 1.4mg (7.77%), Vitamin B3: 1.53mg (7.65%), Fiber: 1.91g (7.64%), Phosphorus: 49.86mg (4.99%), Vitamin K: 5.22µg (4.97%), Copper: 0.06mg (2.9%), Vitamin B5: 0.27mg (2.75%), Vitamin C: 2.24mg (2.71%), Potassium: 92.36mg (2.64%), Vitamin E: 0.38mg (2.51%), Vitamin B6: 0.05mg (2.31%), Magnesium: 9.1mg (2.27%), Zinc: 0.31mg (2.09%), Vitamin A: 74.12IU (1.48%), Calcium: 13.32mg (1.33%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)