



Amazin' Raisin Cake

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



982 kcal

DESSERT

Ingredients

- 3 cups apples cored peeled chopped
- 2 teaspoons baking soda
- 0.5 cup confectioners' sugar
- 2 eggs
- 3 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg

- 2 cups heavy cream
- 1 cup mayonnaise
- 0.3 cup milk
- 1 cup raisins
- 0.5 teaspoon salt
- 1 cup walnuts coarsely chopped
- 2 cups sugar white

Equipment

- bowl
- frying pan
- oven
- blender
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 inch pans.
- In large bowl with mixer at low speed, beat together flour, sugar, mayonnaise, milk, eggs, baking soda, cinnamon, nutmeg, salt, and cloves, scraping bowl frequently, for 2 minutes. Batter will be thick. Stir in the chopped apples, raisins and walnuts.
- Spread batter into prepared pan.
- Bake in the preheated oven for 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool in pans on wire racks for 10 minutes.
- Remove and cool on wire racks.
- In a large bowl, whip the cream and confectioners' sugar until stiff peaks form. Fill and frost the cake.

Nutrition Facts



PROTEIN 4.51% FAT 48.41% CARBS 47.08%

Properties

Glycemic Index:52.36, Glycemic Load:70.63, Inflammation Score:-7, Nutrition Score:18.31695641642%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg 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: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 982.26kcal (49.11%), Fat: 54.19g (83.36%), Saturated Fat: 18.55g (115.91%), Carbohydrates: 118.56g (39.52%), Net Carbohydrates: 113.71g (41.35%), Sugar: 65.09g (72.32%), Cholesterol: 121.14mg (40.38%), Sodium: 639.95mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Manganese: 1mg (49.96%), Vitamin K: 49.38µg (47.03%), Selenium: 23.08µg (32.97%), Vitamin B1: 0.47mg (31.43%), Vitamin B2: 0.49mg (28.91%), Folate: 111.15µg (27.79%), Vitamin A: 998.29IU (19.97%), Copper: 0.39mg (19.71%), Iron: 3.51mg (19.5%), Fiber: 4.85g (19.4%), Phosphorus: 192.99mg (19.3%), Vitamin B3: 3.24mg (16.2%), Magnesium: 48.81mg (12.2%), Vitamin E: 1.82mg (12.1%), Potassium: 410.77mg (11.74%), Vitamin B6: 0.2mg (10.07%), Calcium: 94.47mg (9.45%), Vitamin D: 1.34µg (8.93%), Zinc: 1.22mg (8.11%), Vitamin B5: 0.73mg (7.34%), Vitamin B12: 0.28µg (4.69%), Vitamin C: 3.7mg (4.49%)