



## Apple Cake

 Vegetarian

READY IN



95 min.

SERVINGS



15

CALORIES



330 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 4 large eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 juice of lemon juiced
- 1.5 pounds golden delicious apples cored peeled cut into 1/2-inch slices
- 0.5 teaspoon salt
- 0.3 cup sugar

- 2 cups sugar
- 1 stick butter unsalted melted
- 1 tablespoon vanilla extract pure
- 1.5 cups vegetable oil
- 0.5 cup warm water

## Equipment

- frying pan
- oven
- knife
- whisk
- mixing bowl
- kugelhopf pan

## Directions

- Special equipment: Bundt pan
- Preheat the oven to 350 degrees F.
- Mix the apples with the lemon juice, sugar, and cinnamon in a mixing bowl and let stand while you make the batter.
- Lightly whisk the eggs in a large mixing bowl.
- Add the oil, melted butter, sugar, vanilla and water and whisk until smooth. In a separate mixing bowl combine the flour, salt, and the baking powder. Use a whisk to mix the dry ingredients together. Gradually stir the flour mixture into the wet mixture and stir just until incorporated. Do not overmix.
- Generously grease and lightly flour a Bundt pan.
- Pour 1/4 of the batter into the pan, and then arrange a 1/3 of the apples around the top of the batter. Make 2 more layers of apples, smoothing the batter over them after each addition. Top off with the last of the batter and smooth.
- Bake about 1 hour 10 minutes, until risen, the top is nicely browned, and a sharp knife inserted in the middle of the cake comes out dry.

Let cool in the pan until the cake starts to release from the sides before unmolding.

## Nutrition Facts

**PROTEIN 4.79%** **FAT 32.46%** **CARBS 62.75%**

### Properties

Glycemic Index:22.95, Glycemic Load:34.3, Inflammation Score:-3, Nutrition Score:6.0604347457056%

### Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

### Nutrients (% of daily need)

Calories: 330.23kcal (16.51%), Fat: 12.12g (18.65%), Saturated Fat: 5g (31.24%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 50.99g (18.54%), Sugar: 34.93g (38.81%), Cholesterol: 65.8mg (21.93%), Sodium: 183.75mg (7.99%), Alcohol: 0.3g (100%), Alcohol %: 0.25% (100%), Protein: 4.03g (8.05%), Selenium: 11.42µg (16.31%), Vitamin B1: 0.18mg (11.84%), Folate: 46.39µg (11.6%), Vitamin B2: 0.19mg (10.89%), Manganese: 0.19mg (9.45%), Vitamin K: 9.69µg (9.23%), Iron: 1.37mg (7.64%), Phosphorus: 73.52mg (7.35%), Fiber: 1.73g (6.92%), Vitamin B3: 1.29mg (6.46%), Calcium: 64.27mg (6.43%), Vitamin A: 285.27IU (5.71%), Vitamin E: 0.77mg (5.14%), Vitamin C: 2.87mg (3.47%), Vitamin B5: 0.34mg (3.35%), Copper: 0.06mg (2.9%), Potassium: 95.73mg (2.74%), Vitamin B6: 0.05mg (2.6%), Vitamin D: 0.38µg (2.53%), Zinc: 0.35mg (2.34%), Magnesium: 9.2mg (2.3%), Vitamin B12: 0.13µg (2.19%)