



Apple Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



366 kcal

DESSERT

Ingredients

- 3 cups apples sliced
- 1.5 teaspoons baking soda
- 1 teaspoon cinnamon
- 2 eggs
- 2.5 cups flour
- 1.5 cups cooking oil
- 1 teaspoon salt
- 2 cups sugar

- 3 teaspoons vanilla (I increased this from 2 tsps. in original recipe)
- 1 cup walnut pieces chopped

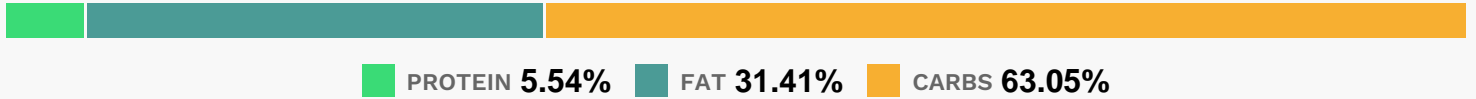
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350F degrees. In a large bowl, mix together apples, oil, sugar, eggs and walnuts by hand.
- Mix well then set aside. In a separate bowl, mix flour, baking soda, salt, vanilla and cinnamon
- Mix well then add to the apple mixture. The batter will be thick.
- Pour into ungreased 13x9 baking pan, and bake for one hour or until done.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:38.93, Inflammation Score:-3, Nutrition Score:7.5586956521739%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 366.42kcal (18.32%), Fat: 13.07g (20.11%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 56.84g (20.67%), Sugar: 37g (41.11%), Cholesterol: 27.28mg (9.09%), Sodium: 342.47mg

(14.89%), Alcohol: 0.34g (1.91%), Protein: 5.18g (10.37%), Manganese: 0.56mg (27.84%), Selenium: 11.76µg (16.81%), Vitamin B1: 0.25mg (16.4%), Folate: 61.61µg (15.4%), Vitamin B2: 0.19mg (11.31%), Copper: 0.21mg (10.5%), Iron: 1.69mg (9.4%), Fiber: 2.19g (8.78%), Vitamin B3: 1.69mg (8.44%), Vitamin E: 1.2mg (8.01%), Phosphorus: 79.98mg (8%), Magnesium: 23.8mg (5.95%), Vitamin K: 5.1µg (4.85%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.6mg (3.99%), Potassium: 117.32mg (3.35%), Vitamin B5: 0.3mg (3.02%), Calcium: 21.68mg (2.17%), Vitamin C: 1.57mg (1.9%), Vitamin A: 58.92IU (1.18%), Vitamin B12: 0.07µg (1.09%)