



WHATSheATE

Apple Cake in a Jar



Dairy Free

READY IN



45 min.

SERVINGS



80

CALORIES



73 kcal

DESSERT

Ingredients

- ☐ 3 cups apples grated
- ☐ 2 teaspoons baking soda
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.7 cup raisins
- ☐ 1.5 teaspoons salt

- ☐ 0.7 cup shortening
- ☐ 0.7 cup walnuts chopped
- ☐ 0.7 cup water
- ☐ 2.7 cups sugar white

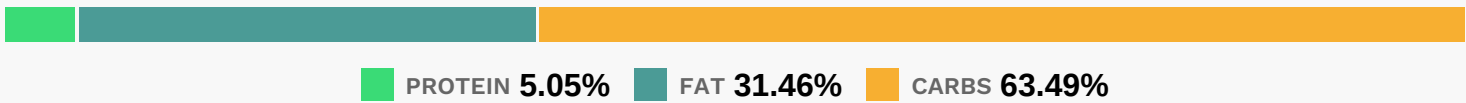
Equipment

- ☐ oven
- ☐ canning jar

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease the insides of 8 straight-sided wide-mouth pint canning jars. Sift together flour, baking soda, salt, nutmeg and cinnamon. Set aside.
- ☐ Cream shortening and sugar until fluffy.
- ☐ Add eggs and beat in well.
- ☐ Add flour alternately with water and mix until smooth. Fold in apples, raisins and nuts.
- ☐ Fill jars 1/2 full of batter, being careful to keep the rims clean. Wipe off any batter that gets on the rims.
- ☐ Bake at 325 degrees F (165 degrees C) for 45 minutes. Meanwhile, sterilize the lids and rings in boiling water.
- ☐ As soon as cake is done, remove from oven one at a time, wipe rims of jars and put on lid and ring. Jars will seal as cakes cool.
- ☐ Place the jars on the counter and listen for them to "ping" as they seal. If you miss the "ping", wait until they are completely cool and press on the top of the lid. If it doesn't move at all, it's sealed.
- ☐ Jars should be eaten or kept in refrigerator for up to a week.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:7.94, Inflammation Score:-1, Nutrition Score:1.3247826047566%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 73.49kcal (3.67%), Fat: 2.64g (4.06%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.59g (4.21%), Sugar: 7.19g (7.99%), Cholesterol: 8.18mg (2.73%), Sodium: 74.82mg (3.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Manganese: 0.08mg (3.79%), Selenium: 2.36µg (3.37%), Vitamin B1: 0.04mg (2.9%), Folate: 10.76µg (2.69%), Vitamin B2: 0.04mg (2.32%), Iron: 0.33mg (1.83%), Fiber: 0.4g (1.61%), Vitamin B3: 0.31mg (1.54%), Copper: 0.03mg (1.49%), Phosphorus: 14.26mg (1.43%), Vitamin K: 1.07µg (1.02%)