

Apple Cake IV

 Vegetarian  Dairy Free  Popular

READY IN



45 min.

SERVINGS



15

CALORIES



192 kcal

DESSERT

Ingredients

- 5 apples cored peeled sliced
- 4 teaspoons double-acting baking powder
- 4 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup vegetable oil

- 1 cup walnuts chopped
- 4 teaspoons sugar white

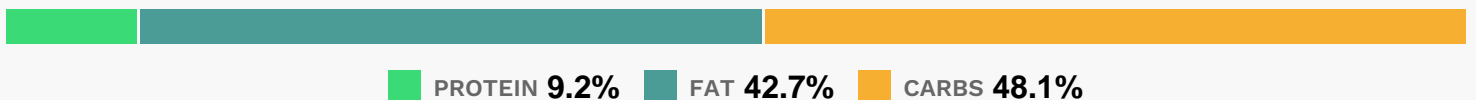
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C) lightly grease and flour a 9x13 inch pan.
- Sift together flour, salt, cinnamon and baking powder. Set aside.
- In a large bowl, beat eggs and sugar for 15 minutes on high speed with an electric mixer.
- Add oil and blend in.
- Add four mixture and mix well.
- Add vanilla. Fold in apples and nuts.
- Pour batter into 9x13 inch pan.
- In a small bowl, mix 4 teaspoons sugar with 1 teaspoon cinnamon.
- Sprinkle over cake.
- Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes or until a toothpick inserted into center of cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:19.61, Glycemic Load:12.54, Inflammation Score:-3, Nutrition Score:6.8730433712835%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 192.24kcal (9.61%), Fat: 9.38g (14.43%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 21.27g (7.74%), Sugar: 7.74g (8.6%), Cholesterol: 43.65mg (14.55%), Sodium: 208.41mg (9.06%), Alcohol: 0.18g (100%), Alcohol %: 0.2% (100%), Protein: 4.55g (9.1%), Manganese: 0.43mg (21.47%), Selenium: 9.65µg (13.78%), Vitamin B1: 0.17mg (11.5%), Folate: 45.49µg (11.37%), Fiber: 2.5g (10.01%), Phosphorus: 98.38mg (9.84%), Vitamin B2: 0.16mg (9.66%), Copper: 0.17mg (8.7%), Calcium: 84.49mg (8.45%), Iron: 1.41mg (7.83%), Vitamin K: 7.02µg (6.68%), Vitamin B3: 1.14mg (5.7%), Magnesium: 20.87mg (5.22%), Vitamin B6: 0.09mg (4.72%), Potassium: 134.95mg (3.86%), Vitamin E: 0.54mg (3.59%), Zinc: 0.54mg (3.58%), Vitamin C: 2.9mg (3.51%), Vitamin B5: 0.34mg (3.35%), Vitamin A: 98.07IU (1.96%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.23µg (1.56%)