



Apple Cake: Torta di Mele

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



400 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings butter and bread crumbs for the baking pan fine
- ☐ 2 eggs separated
- ☐ 1 cup flour all-purpose
- ☐ 4 granny smith apples
- ☐ 0.5 cup granulated sugar
- ☐ 1 package yeast instant baker's yeast
- ☐ 0.5 cup milk

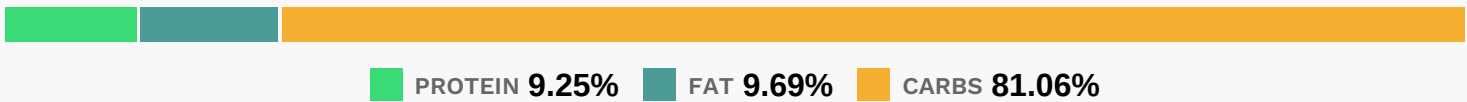
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer
- ☐ skewers

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Peel and core the apples and cut them into thin slices. Set the sliced apples aside. In a medium-sized mixing bowl, combine the flour, sugar, 2 egg yolks, milk, and yeast and stir gently until a batter forms.
- ☐ In a separate bowl or in the bowl of an electric mixer fitted with a whisk attachment, whisk the egg whites until they form firm glossy peaks. Gently fold the egg whites into the batter, leaving a few white streaks so as not to over-mix the batter.
- ☐ Lightly butter a 8-inch baking pan then dust with bread crumbs, shaking off any excess crumbs.
- ☐ Lay the apples slices in a decorative manner at the bottom of the pan and gently pour the cake batter in around the apple slices.
- ☐ Bake until the top of the cake is golden brown and a skewer inserted in the middle comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:53.77, Glycemic Load:41.89, Inflammation Score:-5, Nutrition Score:13.559565129487%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 399.59kcal (19.98%), Fat: 4.43g (6.81%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 83.36g (27.79%), Net Carbohydrates: 77.23g (28.08%), Sugar: 46.13g (51.26%), Cholesterol: 85.5mg (28.5%), Sodium: 119.62mg (5.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.03%), Vitamin B1: 0.59mg (39.42%), Folate: 124.64µg (31.16%), Selenium: 20.74µg (29.62%), Vitamin B2: 0.46mg (27.02%), Fiber: 6.13g (24.53%), Manganese: 0.38mg (19.13%), Vitamin B3: 3.43mg (17.13%), Phosphorus: 155.78mg (15.58%), Iron: 2.59mg (14.37%), Vitamin C: 8.38mg (10.15%), Vitamin B5: 0.99mg (9.9%), Potassium: 341.1mg (9.75%), Vitamin B6: 0.18mg (9.14%), Calcium: 84.52mg (8.45%), Copper: 0.15mg (7.26%), Magnesium: 27.52mg (6.88%), Vitamin B12: 0.4µg (6.61%), Zinc: 0.99mg (6.58%), Vitamin A: 266.49IU (5.33%), Vitamin D: 0.78µg (5.17%), Vitamin K: 4.92µg (4.69%), Vitamin E: 0.6mg (4%)