



Apple Cake with Almonds

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons almonds toasted sliced
- ☐ 2 cups cooking apple peeled chopped
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 5 tablespoons butter divided
- ☐ 4 ounces cream cheese fat-free block-style
- ☐ 1 large eggs
- ☐ 1 large egg white

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.3 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 1.3 teaspoons vanilla extract divided
- ☐ 2 teaspoons water

Equipment

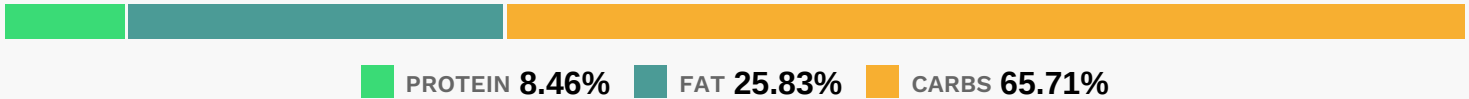
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add apple; cook 5 minutes or until tender.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a bowl, stirring with a whisk.
- ☐ Combine 1/4 cup butter, granulated sugar, cream cheese, 1 teaspoon vanilla, and almond extract in a large bowl; beat with a mixer at medium speed until blended.
- ☐ Combine milk, egg, and egg white.

- ☐ Add flour mixture and milk mixture alternately to cream cheese mixture, beginning and ending with flour mixture. Stir in apple.
- ☐ Pour batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Sprinkle with almonds.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan.
- ☐ Combine 1/4 teaspoon vanilla, powdered sugar, and water in a small bowl.
- ☐ Drizzle over cake.
- ☐ Serve cake warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:21.16, Inflammation Score:-3, Nutrition Score:4.9739130294841%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 219.8kcal (10.99%), Fat: 6.39g (9.84%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 35.45g (12.89%), Sugar: 23.29g (25.88%), Cholesterol: 29.67mg (9.89%), Sodium: 196.25mg (8.53%), Alcohol: 0.2g (100%), Alcohol %: 0.28% (100%), Protein: 4.71g (9.42%), Selenium: 8.04µg (11.49%), Phosphorus: 107.79mg (10.78%), Vitamin B2: 0.18mg (10.46%), Vitamin B1: 0.14mg (9.41%), Folate: 35.7µg (8.92%), Calcium: 87.25mg (8.72%), Manganese: 0.16mg (7.88%), Iron: 0.97mg (5.4%), Vitamin B3: 1.05mg (5.23%), Fiber: 1.13g (4.52%), Vitamin E: 0.66mg (4.38%), Vitamin A: 203.82IU (4.08%), Magnesium: 13.37mg (3.34%), Vitamin B12: 0.2µg (3.32%), Potassium: 106.13mg (3.03%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.42mg (2.78%), Copper: 0.05mg (2.72%), Vitamin B6: 0.04mg (1.79%), Vitamin D: 0.19µg (1.28%), Vitamin C: 0.96mg (1.16%)