



Apple Dapple Cake

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

584 kcal

DESSERT

Ingredients

- ☐ 2 cups apple without peel diced
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1 cup coconut or flaked
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup raisins

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 1.5 cups sugar white

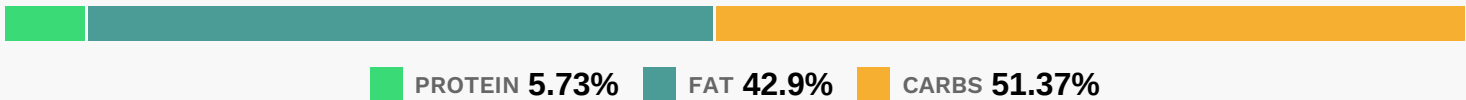
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour one 10 inch tube pan.
- ☐ Combine oil, butter or margarine, and sugar together. Beat well with a mixer.
- ☐ Add eggs, flour, baking soda, salt, and vanilla; mix well. Stir in apples, coconut, raisins, and walnuts.
- ☐ Pour batter in prepared pan.
- ☐ Bake for 90 minutes.
- ☐ Remove cake from oven.
- ☐ Let it cool in the pan for a few minutes, and then remove from pan.
- ☐ If desired, make glaze. In a small saucepan, heat brown sugar, butter or margarine, and milk. Bring mixture to boil, and stir for 1 minute.
- ☐ Pour over warm cake.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:48.94, Inflammation Score:-5, Nutrition Score:12.9813043444924%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 583.57kcal (29.18%), Fat: 28.71g (44.17%), Saturated Fat: 12.7g (79.36%), Carbohydrates: 77.35g (25.78%), Net Carbohydrates: 72.58g (26.39%), Sugar: 33.95g (37.72%), Cholesterol: 74.24mg (24.75%), Sodium: 328.51mg (14.28%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 8.63g (17.25%), Manganese: 0.94mg (47.09%), Selenium: 19.41µg (27.73%), Vitamin B1: 0.37mg (24.61%), Folate: 88.59µg (22.15%), Fiber: 4.77g (19.07%), Vitamin B2: 0.32mg (18.98%), Copper: 0.37mg (18.51%), Iron: 3.02mg (16.77%), Phosphorus: 147.15mg (14.71%), Vitamin B3: 2.6mg (13.01%), Magnesium: 42.56mg (10.64%), Vitamin K: 9.87µg (9.4%), Potassium: 315.26mg (9.01%), Vitamin B6: 0.17mg (8.44%), Vitamin A: 380.64IU (7.61%), Zinc: 1.04mg (6.93%), Vitamin E: 0.95mg (6.32%), Vitamin B5: 0.56mg (5.58%), Calcium: 42.87mg (4.29%), Vitamin B12: 0.17µg (2.83%), Vitamin C: 2.21mg (2.68%), Vitamin D: 0.33µg (2.21%)