



Apple Filling



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



407 kcal

SIDE DISH

Ingredients

☐ 4 cups apples dried

☐ 0.5 cup sugar

☐ 2.7 cups water

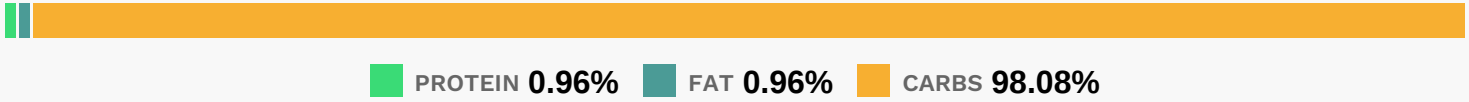
Equipment

☐ sauce pan

Directions

- ☐
- Combine apples and water in a large saucepan; bring to a boil. Reduce heat; simmer 30 minutes or until tender. Cool.
- ☐
- Mash apples slightly, and stir in sugar. Cool filling completely.
- ☐
- Note: Flavor of stack cake is enhanced when stored for several days.

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:42.29, Inflammation Score:-1, Nutrition Score:5.9408696941707%

Nutrients (% of daily need)

Calories: 406.97kcal (20.35%), Fat: 0.47g (0.73%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 108.77g (36.26%), Net Carbohydrates: 98.79g (35.92%), Sugar: 98.86g (109.84%), Cholesterol: 0mg (0%), Sodium: 110.61mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Fiber: 9.98g (39.9%), Potassium: 516.67mg (14.76%), Copper: 0.25mg (12.75%), Vitamin B2: 0.19mg (11.1%), Iron: 1.62mg (9.01%), Vitamin B6: 0.14mg (7.17%), Vitamin C: 4.47mg (5.42%), Vitamin B3: 1.06mg (5.31%), Manganese: 0.1mg (5.23%), Magnesium: 20.45mg (5.11%), Phosphorus: 43.57mg (4.36%), Vitamin E: 0.61mg (4.05%), Vitamin K: 3.44µg (3.28%), Vitamin B5: 0.28mg (2.81%), Selenium: 1.69µg (2.42%), Calcium: 22.7mg (2.27%), Zinc: 0.25mg (1.69%)