



Apple Molasses Snack Cake

 Vegetarian

READY IN



190 min.

SERVINGS



16

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup brown sugar packed

- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 cup buttermilk
- ☐ 1.5 cups apples peeled chopped ()
- ☐ 1.5 cups powdered sugar
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons buttermilk
- ☐ 0.5 teaspoon vanilla

Equipment

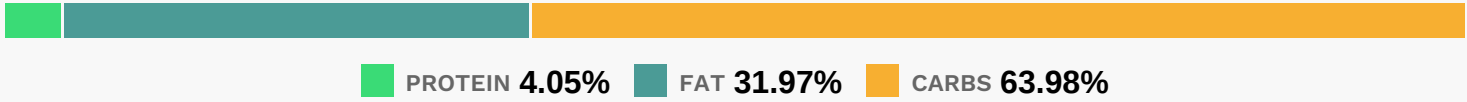
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease 8-inch square pan with shortening; lightly flour.
- ☐ In small bowl, mix 1 3/4 cups of the flour, the baking powder, cinnamon, ginger, nutmeg, baking soda and salt. In medium bowl, beat brown sugar and 1/2 cup butter with electric mixer on medium speed 3 minutes or until light and fluffy. Beat in eggs, one at a time. On low speed, beat in molasses.
- ☐ Add flour mixture to butter mixture alternately with 1/2 cup buttermilk, beating after each addition just until smooth.
- ☐ Mix remaining 1/4 cup flour and the apples. Fold into batter.
- ☐ Pour into pan.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool completely on cooling rack, about 2 hours.

- ☐ In medium bowl, beat powdered sugar, 1/4 cup butter, 2 tablespoons buttermilk and thevanilla with electric mixer on medium speed 2 minutes or until smooth. Frost cake.
- ☐ Sprinkle with additional nutmeg, if desired.
- ☐ Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:12.73, Inflammation Score:-4, Nutrition Score:5.4500000036281%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 267.6kcal (13.38%), Fat: 9.66g (14.86%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 42.72g (15.53%), Sugar: 30.65g (34.05%), Cholesterol: 44.37mg (14.79%), Sodium: 173.49mg (7.54%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 2.75g (5.51%), Manganese: 0.32mg (16.24%), Selenium: 9.54µg (13.63%), Vitamin B1: 0.14mg (9.09%), Iron: 1.47mg (8.16%), Magnesium: 32.6mg (8.15%), Folate: 32.46µg (8.12%), Vitamin B2: 0.13mg (7.51%), Calcium: 65.83mg (6.58%), Vitamin A: 317.83IU (6.36%), Potassium: 221.47mg (6.33%), Vitamin B3: 1.07mg (5.34%), Vitamin B6: 0.1mg (5.01%), Phosphorus: 48.99mg (4.9%), Copper: 0.09mg (4.5%), Fiber: 0.79g (3.14%), Vitamin B5: 0.31mg (3.06%), Vitamin E: 0.34mg (2.3%), Vitamin B12: 0.11µg (1.84%), Zinc: 0.27mg (1.8%), Vitamin D: 0.23µg (1.55%), Vitamin K: 1.13µg (1.08%)