



WHATSheATE



Apple Spice Cake with Cream Cheese Icing



Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



926 kcal

DESSERT

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar
- ☐ 0.5 stick butter for loaf pan
- ☐ 1 stick butter at room temperature
- ☐ 8 ounce cream cheese at room temperature
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose for loaf pan

- ☐ 0.5 cup golden raisins
- ☐ 3 granny smith apples with a little lemon juice cored peeled cut into 1/2-inch dice and tossed
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 juice of lemon juiced
- ☐ 1 pinch kosher salt
- ☐ 0.5 teaspoon grates nutmeg fresh
- ☐ 1 cup powdered sugar
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

Equipment

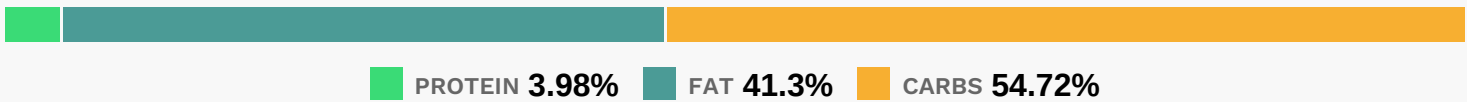
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ stand mixer

Directions

- ☐ Special equipment: Standard loaf pan
- ☐ Preheat the oven to 350 degrees F.
- ☐ Melt the butter in a large saute pan over medium heat. Toss in the apples and stir to coat them with the butter.
- ☐ Add the lemon juice and the apple cider. Cook until the apples have softened and the cider has reduced by half.
- ☐ Transfer the mixture to a food processor and pulse into a coarse paste. Reserve.

- ☐ In a large mixing bowl combine the flour, cinnamon, baking soda, nutmeg, both of the sugars and a pinch of salt. Make a well in the dry ingredients and add the pureed apples, the egg and vanilla. Stir to combine. Toss in the walnuts and raisins.
- ☐ Butter and flour a loaf pan.
- ☐ Pour the batter into the prepared pan and put it in the preheated oven.
- ☐ Bake until a toothpick, inserted in the center comes out clean, about 40 to 45 minutes.
- ☐ Remove the pan from the oven and let cool for 10 minutes.
- ☐ Remove the cake from the pan and cool completely.
- ☐ Cut the cake in half equatorially and spread half of the icing on the bottom layer. Replace the top half and ice the top of the cake, leave the sides bare. Slice and serve.
- ☐ Beat together all of the ingredients in a stand mixer or with a hand mixer until light and fluffy.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:48.6, Inflammation Score:-7, Nutrition Score:14.013912988746%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 8.7mg, Epicatechin: 8.7mg, Epicatechin: 8.7mg, Epicatechin: 8.7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 926.43kcal (46.32%), Fat: 43.74g (67.29%), Saturated Fat: 23.14g (144.61%), Carbohydrates: 130.37g (43.46%), Net Carbohydrates: 125.77g (45.73%), Sugar: 93.61g (104.01%), Cholesterol: 126.19mg (42.06%), Sodium: 512.96mg (22.3%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 9.49g (18.98%), Manganese: 0.77mg (38.51%), Selenium: 19.36µg (27.66%), Vitamin A: 1306IU (26.12%), Vitamin B1: 0.36mg (23.9%), Vitamin B2: 0.39mg

(22.82%), Folate: 87.98µg (22%), Fiber: 4.6g (18.41%), Phosphorus: 163.42mg (16.34%), Copper: 0.31mg (15.63%), Iron: 2.78mg (15.44%), Vitamin B3: 2.6mg (13.02%), Potassium: 419.1mg (11.97%), Magnesium: 42.23mg (10.56%), Calcium: 104.74mg (10.47%), Vitamin B6: 0.2mg (9.98%), Vitamin E: 1.34mg (8.94%), Vitamin C: 6.04mg (7.32%), Vitamin B5: 0.71mg (7.07%), Zinc: 0.97mg (6.49%), Vitamin K: 5.69µg (5.42%), Vitamin B12: 0.2µg (3.27%)