

Apple Walnut Cake



Vegetarian



Dairy Free

READY IN



91 min.

SERVINGS



10

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 4 cups apples cored chopped
- ☐ 2 teaspoons baking soda
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup vegetable oil

- ☐ 1 cup walnuts chopped
- ☐ 2 cups sugar white

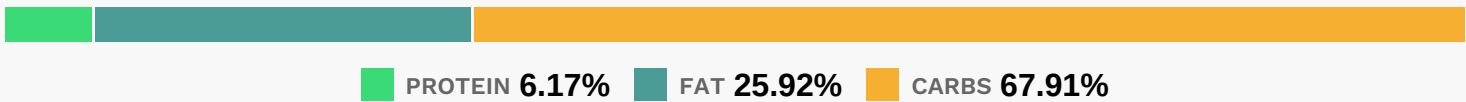
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.
- ☐ Combine apples and sugar. Make sure apples are measured exactly or cake will be too heavy and mushy.
- ☐ Let stand a few minutes.
- ☐ In a large bowl, beat eggs slightly, then beat in oil and vanilla.
- ☐ Mix in flour, soda, cinnamon and salt. Stir in apple mixture and chopped walnuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:43.72, Inflammation Score:-3, Nutrition Score:8.6043477680372%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 388.96kcal (19.45%), Fat: 11.53g (17.73%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 67.94g (22.65%), Net Carbohydrates: 65.07g (23.66%), Sugar: 45.65g (50.72%), Cholesterol: 49.1mg (16.37%), Sodium: 471.92mg (20.52%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Protein: 6.17g (12.34%), Manganese: 0.67mg (33.25%), Selenium: 13.36µg (19.08%), Vitamin B1: 0.25mg (16.67%), Folate: 64.94µg (16.24%), Vitamin B2: 0.22mg (13.11%), Copper: 0.25mg (12.5%), Fiber: 2.87g (11.49%), Iron: 1.85mg (10.27%), Phosphorus: 99.42mg (9.94%), Vitamin B3: 1.67mg (8.36%), Magnesium: 28.41mg (7.1%), Vitamin B6: 0.12mg (5.88%), Vitamin K: 5.66µg (5.39%), Zinc: 0.74mg (4.93%), Potassium: 153.82mg (4.39%), Vitamin B5: 0.41mg (4.11%), Vitamin E: 0.51mg (3.42%), Calcium: 30.25mg (3.02%), Vitamin C: 2.47mg (2.99%), Vitamin A: 101.8IU (2.04%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)