

Applesauce Cake

 Dairy Free

READY IN



210 min.

SERVINGS



16

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup cranberries dried
- ☐ 2.5 cups flour all-purpose
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups granulated sugar

- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups apple sauce
- ☐ 0.5 cup walnut pieces chopped
- ☐ 2 tablespoons powdered sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease bottom and side of 12-cup fluted tube cake pan with shortening; lightly flour. Toss 1 tablespoon flour and the cranberries to coat; set aside. In large bowl, mix 2 1/2 cups flour, the pumpkin pie spice, salt, baking powder and baking soda; set aside.
- ☐ In large bowl, beat granulated sugar and butter with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed, scraping bowl occasionally, until light and fluffy. Beat in eggs, one at a time, until smooth and blended. Reduce mixer speed to medium. Gradually beat in flour mixture alternately with applesauce until smooth. Stir in cranberry-flour mixture and walnuts.
- ☐ Pour into pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 2 hours.
- ☐ Sprinkle powdered sugar over cake.

Nutrition Facts



 **PROTEIN 5.04%**  **FAT 29.65%**  **CARBS 65.31%**

Properties

Glycemic Index:20.76, Glycemic Load:24.25, Inflammation Score:-3, Nutrition Score:5.2121738700763%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 266.01kcal (13.3%), Fat: 9.03g (13.89%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 43.23g (15.72%), Sugar: 27.54g (30.6%), Cholesterol: 20.46mg (6.82%), Sodium: 355.13mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Manganese: 0.35mg (17.47%), Selenium: 8.92µg (12.74%), Vitamin B1: 0.18mg (11.99%), Folate: 43.62µg (10.9%), Vitamin B2: 0.15mg (8.55%), Iron: 1.33mg (7.37%), Vitamin B3: 1.3mg (6.48%), Fiber: 1.49g (5.98%), Vitamin A: 291.79IU (5.84%), Phosphorus: 54.44mg (5.44%), Copper: 0.11mg (5.26%), Vitamin E: 0.52mg (3.45%), Magnesium: 12.62mg (3.16%), Calcium: 30.97mg (3.1%), Vitamin B6: 0.05mg (2.45%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.22mg (2.25%), Potassium: 71.71mg (2.05%)