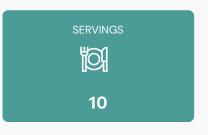


Applesauce Cake

Vegetarian







DESSERT

Ingredients

U.5 teaspoon spice powder chinese
2 cup apple sauce
1 teaspoon baking soda
0.5 cup firmly brown sugar dark packed
0.5 cup firmly brown sugar light packed
4 large eggs
2 cup flour all-purpose

1 cup granulated sugar

	2.5 teaspoon ground cinnamon	
	0.5 teaspoon nutmeg freshly grated	
	0.3 cup old-fashioned rolled oats	
	1 teaspoon salt	
	12 tablespoon butter unsalted divided room temperature	
	1 cup walnuts toasted chopped	
Equipment		
	bowl	
	frying pan	
	oven	
	wire rack	
	plastic wrap	
	hand mixer	
	cake form	
Di	rections	
	Preheat oven to 350 degrees. Coat a 10-inch spring-form cake pan with cooking spray; set it aside. Make topping: Stir together 4 tablespoons butter, the dark brown sugar, oats, 3/4 teaspoon cinnamon, and ¼ teaspoon salt until smooth. Stir in walnuts; set aside. Make batter: Sift flour, baking soda, nutmeg, 5 spice powder, and remaining 2 teaspoons cinnamon and 3/4 teaspoon salt; set aside. Put remaining 8 tablespoons (1 stick) butter, the granulated sugar, and light-brown sugar in the bowl of an electric mixer fitted with the paddle attachment. Cream on medium speed until smooth, about 3 minutes.	
	Mix in the eggs, one at a time. Reduce speed to low; mix in applesauce and then flour mixture	
	Add the flour in three additions mixing between each addition. Do not over mix.	
	Pour batter into oiled pan; sprinkle reserved crumb topping over batter.	
	Lay apples on top, tucking some into batter.	
	Bake until a cake tester inserted near center comes out clean, about 1 hour and 10 minutes.	



Nutrition Facts

PROTEIN 5.71% FAT 40.86% CARBS 53.43%

Properties

Glycemic Index:28.51, Glycemic Load:28.43, Inflammation Score:-5, Nutrition Score:10.259565099426%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Catechin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 507.79kcal (25.39%), Fat: 23.72g (36.49%), Saturated Fat: 10.07g (62.92%), Carbohydrates: 69.78g (23.26%), Net Carbohydrates: 67.26g (24.46%), Sugar: 46.4g (51.55%), Cholesterol: 110.52mg (36.84%), Sodium: 380.53mg (16.54%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.46g (14.92%), Manganese: 0.77mg (38.62%), Selenium: 16.5μg (23.57%), Vitamin B1: 0.27mg (17.88%), Folate: 69.58μg (17.39%), Vitamin B2: 0.26mg (15.33%), Copper: 0.28mg (13.83%), Iron: 2.34mg (12.99%), Phosphorus: 124.16mg (12.42%), Vitamin A: 546.52IU (10.93%), Fiber: 2.52g (10.06%), Vitamin B3: 1.73mg (8.66%), Magnesium: 33.79mg (8.45%), Vitamin B6: 0.13mg (6.74%), Zinc: 0.93mg (6.19%), Calcium: 58.54mg (5.85%), Vitamin B5: 0.58mg (5.76%), Potassium: 188.52mg (5.39%), Vitamin E: 0.79mg (5.3%), Vitamin D: 0.65μg (4.35%), Vitamin B12: 0.21μg (3.44%), Vitamin K: 2.07μg (1.97%)