

Taste of Home

Applesauce Cake

READY IN



45 min.

SERVINGS



20

CALORIES



185 kcal

DESSERT

Ingredients

- 0.5 cup egg substitute
- 1.5 cups apple sauce unsweetened
- 1 cup sugar
- 0.3 cup canola oil
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1.5 teaspoons baking soda
- 1 teaspoon nutmeg
- 0.5 teaspoon salt

- 0.5 cup raisins
- 0.5 cup walnut pieces chopped
- 4 ounces cream cheese reduced-fat
- 1 cup powdered sugar
- 0.5 teaspoon vanilla extract

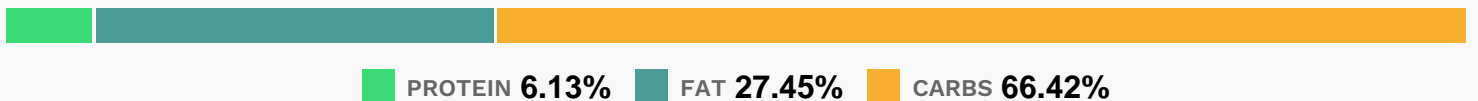
Equipment

- bowl
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a bowl, beat egg substitute for 1 minute on medium speed.
- Add the applesauce, sugar and oil; mix well.
- Combine the dry ingredients; add to applesauce mixture and mix well. Stir in raisins and walnuts.
- Pour into a 13x9-in. baking pan coated with cooking spray.
- Bake at 350° for 25–30 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.
- In a bowl, beat cream cheese until fluffy. Beat in confectioners' sugar and vanilla. Frost the cake.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:15.47, Inflammation Score:-2, Nutrition Score:3.9691304616306%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 185.22kcal (9.26%), Fat: 5.81g (8.93%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 30.5g (11.09%), Sugar: 18.17g (20.19%), Cholesterol: 3.06mg (1.02%), Sodium: 174.47mg (7.59%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 2.92g (5.83%), Manganese: 0.24mg (11.96%), Selenium: 7.27µg (10.38%), Vitamin B1: 0.13mg (8.45%), Folate: 28.52µg (7.13%), Vitamin B2: 0.12mg (6.77%), Iron: 0.96mg (5.32%), Fiber: 1.11g (4.43%), Vitamin E: 0.66mg (4.42%), Copper: 0.09mg (4.32%), Vitamin B3: 0.85mg (4.23%), Phosphorus: 40.54mg (4.05%), Potassium: 98.2mg (2.81%), Magnesium: 10.68mg (2.67%), Vitamin B5: 0.23mg (2.29%), Vitamin K: 2.34µg (2.23%), Vitamin B6: 0.04mg (2.2%), Calcium: 21.66mg (2.17%), Zinc: 0.29mg (1.92%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 51.38IU (1.03%)