



Applesauce Cake

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 0.5 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

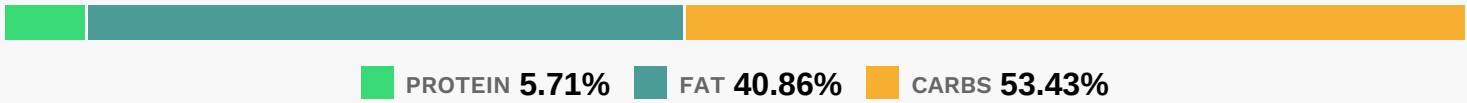
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ 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 1/4 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.

Let cool in pan on a wire rack. Cake can be stored at room temperature, covered with plastic wrap, up to 3 days.

Nutrition Facts



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: 0.34mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 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 %: 0% (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%)