



HEALTH SCORE

53%

Applesauce Cake Loaf



Dairy Free

READY IN



165 min.

SERVINGS



1

CALORIES



3604 kcal

DESSERT

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 cup nuts chopped
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla

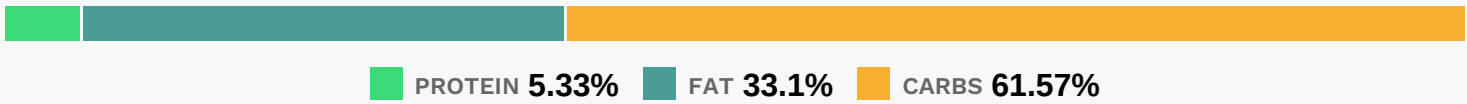
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease bottom only of loaf pan, 9x5x3 inches.
- ☐ Beat brown sugar and butter in large bowl with electric mixer on high speed 2 minutes. Beat in egg, vanilla and applesauce. Stir in flour, salt, baking soda, cinnamon and cloves. Stir in raisins and nuts.
- ☐ Pour batter into pan.
- ☐ Bake 1 hour to 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 1 hour, before slicing.

Nutrition Facts



Properties

Glycemic Index:168.47, Glycemic Load:202.64, Inflammation Score:-10, Nutrition Score:62.098696180012%

Flavonoids

Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epicatechin: 13.2mg, Epicatechin: 13.2mg, Epicatechin: 13.2mg, Epicatechin: 13.2mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 3603.54kcal (180.18%), Fat: 136.23g (209.58%), Saturated Fat: 26.01g (162.57%), Carbohydrates: 570.31g (190.1%), Net Carbohydrates: 543.14g (197.5%), Sugar: 237.72g (264.14%), Cholesterol: 163.68mg (54.56%), Sodium: 4676.71mg (203.34%), Alcohol: 1.38g (100%), Alcohol %: 0.16% (100%), Protein: 49.32g (98.64%), Manganese: 4.67mg (233.33%), Vitamin B1: 2.36mg (157.58%), Selenium: 102.65µg (146.64%), Folate: 529.55µg (132.39%), Iron: 21.22mg (117.9%), Vitamin B2: 1.97mg (115.65%), Fiber: 27.17g (108.7%), Vitamin B3: 20.32mg (101.62%), Copper: 1.93mg (96.74%), Vitamin A: 4386.55IU (87.73%), Phosphorus: 828.73mg (82.87%), Magnesium: 300.64mg (75.16%), Potassium: 2500.36mg (71.44%), Vitamin B6: 0.84mg (42.25%), Calcium: 407.79mg (40.78%), Zinc: 5.52mg (36.83%), Vitamin B5: 3.2mg (32.02%), Vitamin E: 4.66mg (31.04%), Vitamin C: 10.86mg (13.17%), Vitamin B12: 0.51µg (8.42%), Vitamin D: 0.88µg (5.87%), Vitamin K: 4.14µg (3.95%)