

Applesauce Cake VI



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



397 kcal

DESSERT

Ingredients

- ☐ 2 cups apple sauce
- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 1.5 cups vegetable oil
- ☐ 2 cups sugar white

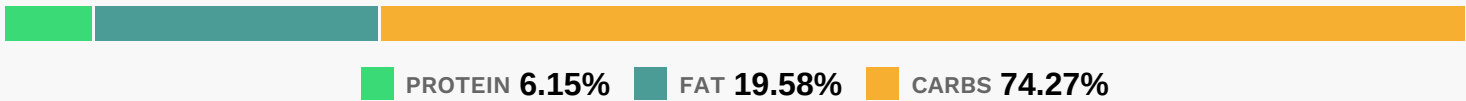
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan. Sift together the flour, baking powder, baking soda, salt and cinnamon. Set aside.
- ☐ In a large bowl, mix together the flour, baking powder, baking soda, salt and cinnamon. Make a well in the center and pour in the eggs, sugar, oil, applesauce and vanilla.
- ☐ Mix well and pour into prepared pan.
- ☐ Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:48.94, Inflammation Score:-3, Nutrition Score:8.6539130470027%

Flavonoids

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: 396.75kcal (19.84%), Fat: 8.76g (13.48%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 74.8g (24.93%), Net Carbohydrates: 73.04g (26.56%), Sugar: 44.73g (49.7%), Cholesterol: 65.47mg (21.82%), Sodium: 489.55mg (21.28%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 6.19g (12.38%), Selenium: 18.52µg (26.46%), Vitamin B1: 0.31mg (20.95%), Folate: 78.39µg (19.6%), Manganese: 0.35mg (17.28%), Vitamin B2: 0.29mg (16.97%), Iron: 2.35mg (13.05%), Vitamin K: 12.56µg (11.96%), Vitamin B3: 2.28mg (11.38%), Phosphorus: 104.36mg (10.44%), Calcium: 92.47mg (9.25%), Fiber: 1.76g (7.06%), Vitamin E: 0.83mg (5.53%), Vitamin B5: 0.46mg (4.56%), Copper: 0.08mg (4.23%), Zinc: 0.52mg (3.44%), Magnesium: 12.44mg (3.11%), Vitamin B6: 0.06mg (3.02%), Potassium: 103.9mg (2.97%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%), Vitamin A: 110.37IU (2.21%)