



Applesauce Oatmeal Cake with Broiled Coconut Topping

READY IN



110 min.

SERVINGS



9

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 1.3 cups apple sauce
- ☐ 1 cup oats
- ☐ 0.5 cup butter softened
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon baking soda

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup coconut flakes flaked
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons milk

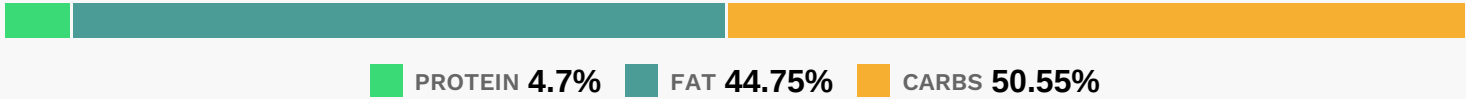
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ In 1-quart saucepan, heat applesauce to boiling over medium-high heat. Stir in oats.
- ☐ Let stand 20 minutes.
- ☐ Heat oven to 350°F. Grease bottom and sides of 9-inch square pan with shortening. In large bowl, beat 1/2 cup butter and granulated sugar with electric mixer on medium speed until light and fluffy. Beat in vanilla and eggs until fluffy. Beat in applesauce mixture just until mixed. Stir in flour, baking soda, cinnamon, nutmeg and salt, scraping bowl once, just until blended.
- ☐ Pour into pan.
- ☐ Bake 40 to 50 minutes or until toothpick inserted in center comes out clean.
- ☐ Meanwhile, in small bowl, mix all topping ingredients until well blended.
- ☐ Spread topping over hot cake. Broil cake with top 6 inches from heat 1 to 2 minutes or until top is golden and bubbly. Cool 30 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:34.23, Glycemic Load:29.22, Inflammation Score:-6, Nutrition Score:9.5599999272305%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 485.99kcal (24.3%), Fat: 24.73g (38.05%), Saturated Fat: 8.02g (50.16%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 59.39g (21.6%), Sugar: 38.41g (42.68%), Cholesterol: 36.97mg (12.32%), Sodium: 388.33mg (16.88%), Alcohol: 0.15g (100%), Alcohol %: 0.13% (100%), Protein: 5.85g (11.7%), Manganese: 0.89mg (44.46%), Selenium: 14.61µg (20.88%), Vitamin B1: 0.25mg (16.92%), Vitamin A: 750.08IU (15%), Fiber: 3.47g (13.88%), Folate: 48.55µg (12.14%), Vitamin B2: 0.2mg (11.92%), Phosphorus: 116.49mg (11.65%), Iron: 2.05mg (11.38%), Copper: 0.2mg (9.77%), Magnesium: 33.06mg (8.26%), Vitamin B3: 1.48mg (7.42%), Zinc: 0.97mg (6.45%), Vitamin E: 0.89mg (5.91%), Potassium: 182.17mg (5.2%), Vitamin B5: 0.5mg (4.99%), Calcium: 42.91mg (4.29%), Vitamin B6: 0.08mg (4.2%), Vitamin B12: 0.13µg (2.22%), Vitamin D: 0.25µg (1.67%)