



Applesauce-Raisin Cake with Caramel Icing

READY IN



45 min.

SERVINGS



18

CALORIES



335 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 1 cup t brown sugar dark packed
- 3 cups flour all-purpose
- 1 cup granulated sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons nutmeg
- 0.5 cup milk 1% low-fat
- 0.3 cup pecans chopped

- 1.5 cups powdered sugar
- 0.5 cup raisins
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 2 tablespoons stick margarine
- 2 cups apple sauce unsweetened
- 4 teaspoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup shortening

Equipment

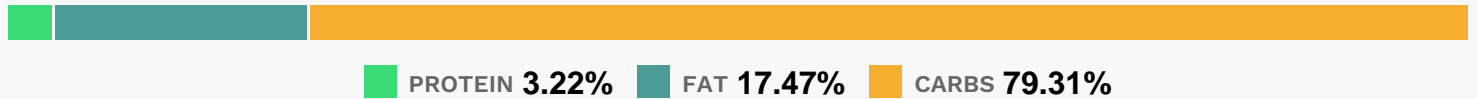
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 35
- To prepare cake, beat the first 3 ingredients with a mixer at low speed until well-blended (about 5 minutes).
- Add applesauce; beat well. Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour and next 5 ingredients (flour through salt), stirring well with a whisk.
- Add flour mixture to applesauce mixture; beat just until moist. Stir in raisins, pecans, and 1 teaspoon vanilla.
- Spoon the batter into 2 (9-inch) round cake pans coated with cooking spray.

- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on rack.
- To prepare icing, combine 1 cup brown sugar, milk, butter, and 1/4 teaspoon salt in a medium saucepan; bring to a boil over medium-high heat, stirring constantly. Reduce heat, and simmer until slightly thick (about 5 minutes), stirring occasionally.
- Remove from heat.
- Add the powdered sugar and 1 teaspoon vanilla; beat with a mixer at medium speed until smooth and slightly warm. Cool 5 minutes (icing will thicken as it cools).
- Place 1 cake layer on a plate; working quickly, spread with 1/3 cup icing, and top with remaining layer.
- Spread remaining icing over top and sides of cake. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:21.01, Inflammation Score:-2, Nutrition Score:4.8465217364871%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 335.22kcal (16.76%), Fat: 6.67g (10.27%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 68.16g (22.72%), Net Carbohydrates: 66.63g (24.23%), Sugar: 47.67g (52.96%), Cholesterol: 0.33mg (0.11%), Sodium: 246.06mg (10.7%), Alcohol: 0.08g (100%), Alcohol %: 0.09% (100%), Protein: 2.77g (5.54%), Manganese: 0.3mg (14.95%), Vitamin B1: 0.19mg (12.72%), Selenium: 7.83µg (11.18%), Folate: 40.04µg (10.01%), Vitamin B2: 0.14mg (7.95%), Iron: 1.42mg (7.87%), Vitamin B3: 1.36mg (6.81%), Fiber: 1.53g (6.11%), Copper: 0.09mg (4.62%), Phosphorus: 41.44mg (4.14%), Calcium: 38.69mg (3.87%), Potassium: 131.3mg (3.75%), Magnesium: 13.15mg (3.29%), Vitamin E: 0.37mg (2.45%), Vitamin K: 2.35µg (2.24%), Vitamin B6: 0.04mg (2.12%), Vitamin B5: 0.2mg (2.02%), Zinc: 0.29mg (1.95%), Vitamin A: 81.21IU (1.62%)