



Applesauce Rum-Raisin Cake

 Vegetarian

READY IN



110 min.

SERVINGS



15

CALORIES



252 kcal

DESSERT

Ingredients

- 1.5 cups apple sauce
- 2 teaspoons baking soda
- 0.5 cup butter softened
- 1 tablespoon cornstarch
- 0.3 cup rum dark
- 2 eggs
- 1 cup flour all-purpose
- 0.5 cup golden raisins

- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.5 cup raisins
- 0.3 teaspoon salt
- 1 tablespoon cocoa powder unsweetened
- 0.5 cup walnuts chopped
- 1 cup sugar white
- 1 cup flour whole wheat

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- hand mixer

Directions

- Place all the raisins in a small bowl with the rum and let sit overnight or at least 4 hours.
- Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13-inch baking pan.
- In a large bowl, beat butter and sugar with an electric mixer until light and fluffy. Beat in the eggs one at a time; mix in applesauce.
- In another bowl, stir together the flours, cornstarch, baking soda, cinnamon, nutmeg, salt, and cocoa. Gradually add flour into the batter, mixing until fully incorporated. Stir in the raisins, along with any rum that was not absorbed, and the walnuts. Turn batter into the prepared pan.
- Bake in preheated oven until a tester inserted in the middle of the cake comes out clean, about 25 minutes. Cool on wire rack.

Nutrition Facts



■ PROTEIN 5.92% ■ FAT 34.8% ■ CARBS 59.28%

Properties

Glycemic Index:28.04, Glycemic Load:18.09, Inflammation Score:-3, Nutrition Score:6.0486957042114%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 251.96kcal (12.6%), Fat: 9.71g (14.93%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 34.85g (12.67%), Sugar: 18.67g (20.74%), Cholesterol: 38.09mg (12.7%), Sodium: 244.82mg (10.64%), Alcohol: 1.78g (100%), Alcohol %: 2.56% (100%), Protein: 3.72g (7.43%), Manganese: 0.59mg (29.54%), Selenium: 10.12µg (14.46%), Fiber: 2.35g (9.38%), Vitamin B1: 0.13mg (8.97%), Copper: 0.17mg (8.29%), Phosphorus: 77.85mg (7.78%), Vitamin B2: 0.12mg (6.98%), Iron: 1.23mg (6.84%), Folate: 26.76µg (6.69%), Magnesium: 25.57mg (6.39%), Vitamin B3: 1.08mg (5.4%), Vitamin B6: 0.1mg (4.97%), Potassium: 165.33mg (4.72%), Vitamin A: 229.81IU (4.6%), Zinc: 0.53mg (3.54%), Vitamin E: 0.37mg (2.5%), Vitamin B5: 0.23mg (2.25%), Calcium: 19.84mg (1.98%), Vitamin K: 1.17µg (1.11%), Vitamin B12: 0.07µg (1.08%)