



Applesauce Snack Cake

READY IN



60 min.

SERVINGS



9

CALORIES



393 kcal

DESSERT

Ingredients

- ☐ 1.7 cups flour all-purpose
- ☐ 1 cup brown sugar packed
- ☐ 1.5 teaspoons ground allspice
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup apple sauce
- ☐ 0.3 cup nuts chopped
- ☐ 0.5 cup water
- ☐ 0.3 cup vegetable oil

- ☐ 1 teaspoon vinegar white
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons whipping cream

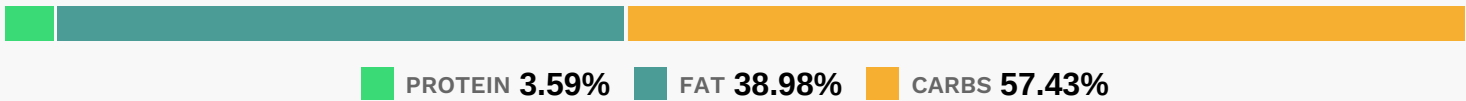
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. In ungreased 8-inch square pan, mix flour, 1 cup brown sugar, the allspice and baking soda with fork. Stir in all remaining cake ingredients until blended.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean.
- ☐ In 1 1/2-quart saucepan, heat all sauce ingredients to rolling boil over high heat, stirring constantly; reduce heat slightly. Boil 3 minutes, stirring frequently. (Watch carefully; mixture burns easily.) Store sauce in refrigerator.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:13.43, Inflammation Score:-4, Nutrition Score:6.4817391608072%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 393.09kcal (19.65%), Fat: 17.38g (26.74%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 57.63g (19.21%), Net Carbohydrates: 56.29g (20.47%), Sugar: 37.58g (41.75%), Cholesterol: 3.77mg (1.26%), Sodium: 323.79mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Manganese: 0.3mg (14.97%), Vitamin K: 15.1µg (14.38%), Vitamin B1: 0.2mg (13.58%), Selenium: 8.45µg (12.07%), Folate: 48.18µg (12.05%), Iron: 1.61mg (8.92%), Vitamin B3: 1.71mg (8.55%), Vitamin B2: 0.14mg (8.23%), Copper: 0.13mg (6.5%), Vitamin E: 0.92mg (6.17%), Vitamin A: 294.86IU (5.9%), Magnesium: 22.57mg (5.64%), Phosphorus: 55.3mg (5.53%), Fiber: 1.34g (5.36%), Calcium: 45.74mg (4.57%), Vitamin C: 3.76mg (4.56%), Potassium: 138.52mg (3.96%), Zinc: 0.4mg (2.64%), Vitamin B6: 0.05mg (2.49%), Vitamin B5: 0.25mg (2.46%)