



## Applesauce Spice Cake

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



304 kcal

DESSERT

### Ingredients

- 1 large eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground ginger
- 3 tablespoons butter unsalted
- 0.3 cup powdered sugar
- 0.1 teaspoon salt
- 0.3 teaspoon ground cloves
- 1 cup sugar raw

- 6 tablespoons evaporated milk canned
- 1 teaspoon nutmeg freshly grated
- 1 teaspoon vanilla
- 2 teaspoons ground cinnamon
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon rum light
- 1 cup apple sauce unsweetened
- 10 inch frangelico (25 cm)

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer
- stand mixer
- springform pan
- skewers

## Directions

- Place oven rack in middle position and preheat oven to 350°F. Butter pan and set aside.
- Whisk together flour, baking soda, spices, and salt in a bowl.
- Beat together sugar, butter, and rum with an electric mixer at medium-high speed until combined well, then add egg and beat until pale and fluffy, 2 to 3 minutes with a stand mixer or 5 to 6 minutes with a handheld. Reduce speed to low and add dry ingredients, mixing until combined well.
- Add applesauce and mix until combined well.

- Spread batter evenly in springform pan and bake until a wooden pick or skewer comes out clean, 30 to 35 minutes.
- Cool cake in pan on a rack 10 minutes, then remove side of pan and cool completely.
- Melt 2 tablespoons butter in a 1 1/2- to 2-quart heavy saucepan, then add sugar and evaporated milk and simmer, stirring constantly until sugar is dissolved, about 4 minutes.
- Remove from heat and whisk in rum, vanilla, salt, and remaining tablespoon butter, then whisk in confectioners sugar 1 tablespoon at a time. Cool to warm, about 20 minutes, then spread over cooled cake.

## Nutrition Facts

**PROTEIN 4.35%** **FAT 14.44%** **CARBS 81.21%**

### Properties

Glycemic Index:16.5, Glycemic Load:10.4, Inflammation Score:-2, Nutrition Score:4.5104346767716%

### Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

### Nutrients (% of daily need)

Calories: 304kcal (15.2%), Fat: 4.86g (7.48%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 61.5g (20.5%), Net Carbohydrates: 60.44g (21.98%), Sugar: 46g (51.11%), Cholesterol: 30.24mg (10.08%), Sodium: 158.01mg (6.87%), Alcohol: 0.3g (100%), Alcohol %: 0.36% (100%), Protein: 3.3g (6.59%), Manganese: 0.29mg (14.74%), Selenium: 8.31µg (11.87%), Vitamin B1: 0.16mg (10.73%), Folate: 38.44µg (9.61%), Vitamin B2: 0.15mg (9.07%), Iron: 1.25mg (6.93%), Vitamin B3: 1.17mg (5.85%), Phosphorus: 51.99mg (5.2%), Fiber: 1.06g (4.24%), Calcium: 40.78mg (4.08%), Vitamin A: 162.04IU (3.24%), Potassium: 89.82mg (2.57%), Copper: 0.05mg (2.38%), Magnesium: 9.5mg (2.37%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.31mg (2.04%), Vitamin E: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.49%), Vitamin D: 0.17µg (1.15%), Vitamin B12: 0.07µg (1.1%)