



Applesauce Spice Cake



Vegetarian



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

412 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup raisins

- ☐ 1 cup rolled oats
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 1.3 cups water boiling
- ☐ 0.7 cup sugar white

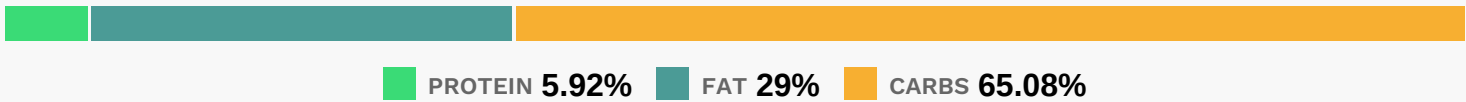
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine rolled oats with boiling water and let stand for 20 minutes. Grease and flour a 9 inch square pan. In a medium bowl, sift flour, baking soda, cinnamon and nutmeg together and set aside.
- ☐ In a large bowl, combine oatmeal, oil and applesauce.
- ☐ Add eggs, sugar and brown sugar and mix well.
- ☐ Add the flour mixture and mix well. Finally, fold in the raisins and nuts.
- ☐ Pour into the 9 inch square pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 35 minutes, or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:42.36, Glycemic Load:29.42, Inflammation Score:-3, Nutrition Score:9.566521714563%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 411.86kcal (20.59%), Fat: 13.65g (21%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 68.91g (22.97%), Net Carbohydrates: 65.97g (23.99%), Sugar: 37.78g (41.98%), Cholesterol: 40.92mg (13.64%), Sodium: 164.12mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Manganese: 0.85mg (42.5%), Selenium: 14.16µg (20.23%), Vitamin B1: 0.25mg (16.81%), Folate: 54.52µg (13.63%), Vitamin K: 13.14µg (12.51%), Iron: 2.24mg (12.42%), Copper: 0.24mg (12.11%), Phosphorus: 119.56mg (11.96%), Vitamin B2: 0.2mg (11.88%), Fiber: 2.93g (11.74%), Magnesium: 37mg (9.25%), Vitamin B3: 1.57mg (7.84%), Potassium: 216.1mg (6.17%), Zinc: 0.92mg (6.13%), Vitamin E: 0.8mg (5.31%), Vitamin B6: 0.11mg (5.27%), Calcium: 45.69mg (4.57%), Vitamin B5: 0.45mg (4.5%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 63.94IU (1.28%)