



Applesauce Spice Cake

 Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



380 kcal

DESSERT

Ingredients

- 0.8 cup apples peeled chopped (1 medium)
- 6 tablespoons apple juice
- 1.3 cups apple sauce
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter (do not substitute margarine)
- 2 eggs
- 2.3 cups flour all-purpose

- 1.5 cups granulated sugar
- 0.3 teaspoon ground cinnamon
- 2 teaspoons ground cinnamon
- 0.3 cup cooking oil
- 4 cups powdered sugar
- 0.5 cup raisins
- 1 teaspoon salt
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350F. Grease and flour 13x9-inch pan. In large bowl, mix flour, granulated sugar, 2 teaspoons cinnamon, the baking powder, baking soda and salt.
- Add applesauce, oil and eggs; beat on low speed of electric mixer until moistened. Beat 2 minutes on high speed. With spoon, fold in apple and raisins; pour into pan.
- Bake 28 to 38 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- Heat butter in medium saucepan over medium heat until light golden brown, stirring frequently.
- Remove from heat; cool 2 to 3 minutes. Beat in powdered sugar, 1/4 teaspoon cinnamon, the vanilla and enough apple juice for desired spreading consistency. Immediately spread over top of cooled cake. (Frosting sets up quickly).

Nutrition Facts

PROTEIN 2.98% FAT 20.58% CARBS 76.44%

Properties

Glycemic Index:25.24, Glycemic Load:26.92, Inflammation Score:-2, Nutrition Score:4.7213043726009%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 380.4kcal (19.02%), Fat: 8.9g (13.69%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 74.37g (24.79%), Net Carbohydrates: 72.98g (26.54%), Sugar: 54.63g (60.7%), Cholesterol: 21.82mg (7.27%), Sodium: 303.62mg (13.2%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 2.9g (5.81%), Selenium: 8.58µg (12.26%), Vitamin B1: 0.16mg (10.89%), Manganese: 0.21mg (10.5%), Folate: 38.11µg (9.53%), Vitamin B2: 0.15mg (8.77%), Vitamin E: 1.11mg (7.43%), Iron: 1.25mg (6.93%), Vitamin B3: 1.2mg (6%), Fiber: 1.4g (5.58%), Phosphorus: 44.6mg (4.46%), Vitamin K: 3.96µg (3.77%), Vitamin A: 177.62IU (3.55%), Calcium: 29.63mg (2.96%), Copper: 0.06mg (2.95%), Potassium: 101.23mg (2.89%), Magnesium: 7.94mg (1.99%), Vitamin B5: 0.19mg (1.94%), Vitamin B6: 0.04mg (1.88%), Zinc: 0.24mg (1.58%), Vitamin C: 0.84mg (1.02%)