



Autumn Apple Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 5 tablespoons butter softened
- ☐ 1 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1 cup pink lady apples peeled finely chopped (1 medium)
- ☐ 1 teaspoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

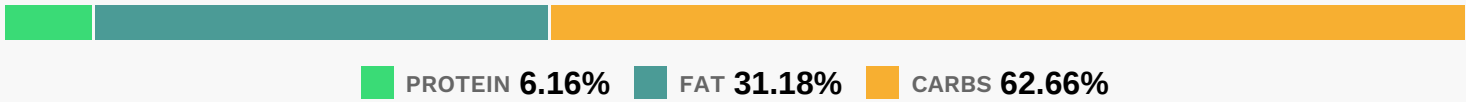
Directions

- ☐ Preheat oven to 350
- ☐ Coat a 9-inch round cake pan with cooking spray, and dust with 1 tablespoon flour.
- ☐ Weigh or lightly spoon 75 ounces flour into dry measuring cups; level with a knife.
- ☐ Combine 75 ounces flour, baking powder, salt, and cinnamon in a small bowl, stirring with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer until well blended. Beat in vanilla and egg. Beat in flour mixture alternately with milk, beginning and ending with flour mixture. Fold in apple, raisins, and walnuts. Scrape batter into prepared pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.
- ☐ Remove from pan; cool completely on wire rack. Sift powdered sugar over cake.

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 Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:59.47, Glycemic Load:31.3, Inflammation Score:-4, Nutrition Score:6.8191303662632%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 302.46kcal (15.12%), Fat: 10.73g (16.52%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 46.86g (17.04%), Sugar: 26.95g (29.94%), Cholesterol: 43.24mg (14.41%), Sodium: 252.79mg (10.99%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 4.77g (9.55%), Manganese: 0.34mg (17.07%), Selenium: 11µg (15.71%), Vitamin B1: 0.22mg (14.4%), Folate: 52.87µg (13.22%), Vitamin B2: 0.21mg (12.36%), Phosphorus: 101.14mg (10.11%), Calcium: 95.96mg (9.6%), Iron: 1.66mg (9.21%), Vitamin B3: 1.62mg (8.11%), Copper: 0.14mg (6.89%), Fiber: 1.68g (6.7%), Vitamin A: 276.81IU (5.54%), Potassium: 159.51mg (4.56%), Magnesium: 18.01mg (4.5%), Vitamin B6: 0.08mg (4.14%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.15µg (2.48%), Vitamin E: 0.35mg (2.36%), Vitamin K: 1.51µg (1.44%), Vitamin C: 1.09mg (1.32%)