



Becka's Passover Apple Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 4 large rome apples peeled sliced
- ☐ 2 teaspoons cinnamon
- ☐ 6 large eggs
- ☐ 2 cups matzo cake meal for dusting plus more
- ☐ 1 tablespoon potato flour
- ☐ 2 cups sugar divided
- ☐ 1 cup vegetable oil

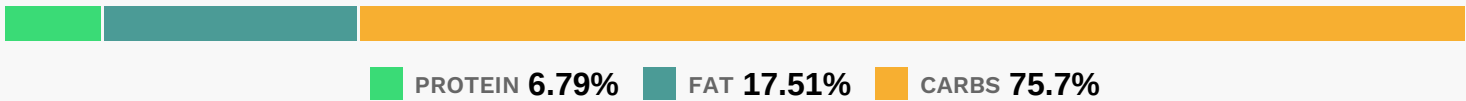
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Grease a 13- x 9-inch baking dish, and dust with matzo cake meal. Toss apple with cinnamon and 4 tablespoons sugar in a medium bowl. Set aside.
- ☐ Beat eggs in a large bowl at medium-high speed with an electric mixer.
- ☐ Add remaining 2 cups sugar, and beat 10 minutes or until pale and very thick. Stir in oil and 1/4 cup water.
- ☐ Add 2 cups matzo cake meal and potato starch gradually, and beat to combine.
- ☐ Pour half of batter into prepared dish. Top evenly with apple mixture, and add remaining batter, spreading gently and smoothing top.
- ☐ Bake at 350 for 50 to 55 minutes or until wooden pick inserted in center comes out clean.
- ☐ Let cool in dish on wire rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:25.99, Inflammation Score:-2, Nutrition Score:6.3608695838762%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 330.23kcal (16.51%), Fat: 6.58g (10.12%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 61.29g (22.29%), Sugar: 41.19g (45.76%), Cholesterol: 93mg (31%), Sodium: 36.98mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Selenium: 16.5µg (23.58%), Manganese: 0.25mg (12.32%), Vitamin B2: 0.21mg (12.25%), Fiber: 2.7g (10.8%), Vitamin K: 8.57µg (8.16%), Phosphorus: 79.78mg (7.98%), Vitamin B1: 0.11mg (7.64%), Iron: 1.32mg (7.32%), Vitamin B5: 0.54mg (5.36%), Vitamin B6: 0.11mg (5.27%), Vitamin B3: 1.02mg (5.11%), Vitamin E: 0.72mg (4.78%), Folate: 18.13µg (4.53%), Potassium: 148.95mg (4.26%), Vitamin C: 3.46mg (4.19%), Vitamin B12: 0.22µg (3.71%), Vitamin A: 176.12IU (3.52%), Zinc: 0.52mg (3.49%), Vitamin D: 0.5µg (3.33%), Magnesium: 13.18mg (3.3%), Copper: 0.06mg (2.84%), Calcium: 25.6mg (2.56%)