



Chocolate Applesauce Cake I

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



287 kcal

DESSERT

Ingredients

- 1.5 cups apple sauce
- 2 teaspoons baking soda
- 0.5 cup butter
- 0.3 cup rum dark
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 0.5 cup milk

- 1 cup pecans chopped
- 1 cup raisins
- 0.1 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 1.3 cups sugar white

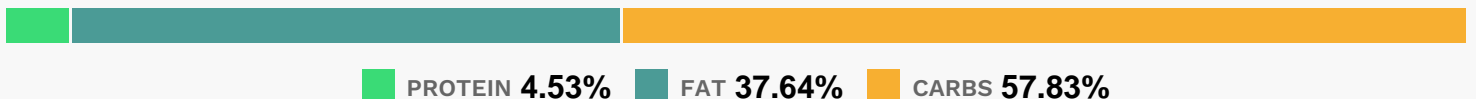
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a bowl, cream the butter or margarine with the sugar. Beat in the milk, applesauce, and 2 tablespoons of rum.
- In another bowl, stir together the flour, cocoa, baking soda, spices, and salt. Beat into the creamed mixture and then stir in the raisins and pecans.
- Turn the batter into a greased and floured 9x13 inch baking pan.
- Bake the cake in a preheated 350 degrees F (175 degrees C) oven for 45 minutes, or until it tests done with a toothpick.
- Immediately after removing the cake from the oven, sprinkle it with the remaining 1/4 cup rum.
- Let cool on a rack. This cake improves if allowed to sit for a day or so before eating.
- Serves 2

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:25.12, Inflammation Score:-3, Nutrition Score:6.2004347961882%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 286.58kcal (14.33%), Fat: 12.17g (18.72%), Saturated Fat: 4.69g (29.28%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 39.36g (14.31%), Sugar: 19.72g (21.91%), Cholesterol: 17.24mg (5.75%), Sodium: 221.11mg (9.61%), Alcohol: 1.34g (100%), Alcohol %: 1.75% (100%), Caffeine: 3.3mg (1.1%), Protein: 3.3g (6.6%), Manganese: 0.56mg (27.82%), Vitamin B1: 0.2mg (13.52%), Fiber: 2.7g (10.81%), Copper: 0.21mg (10.26%), Selenium: 6.6µg (9.43%), Folate: 33.92µg (8.48%), Iron: 1.49mg (8.28%), Vitamin B2: 0.14mg (8.08%), Phosphorus: 67.68mg (6.77%), Vitamin B3: 1.24mg (6.22%), Magnesium: 24.7mg (6.17%), Potassium: 182.69mg (5.22%), Vitamin A: 213.94IU (4.28%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.05mg (2.73%), Calcium: 26.68mg (2.67%), Vitamin E: 0.33mg (2.23%), Vitamin B5: 0.19mg (1.93%), Vitamin C: 0.86mg (1.04%), Vitamin K: 1.06µg (1.01%)