



Chocolate Applesauce Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



19

CALORIES



334 kcal

Ingredients

- ☐ 16 ounce apple sauce
- ☐ 2.5 cups buttermilk baking mix
- ☐ 0.5 cup butter melted
- ☐ 16 ounce chocolate frosting prepared
- ☐ 3 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 ounce chocolate unsweetened melted
- ☐ 2 tablespoons vanilla extract

☐ 0.8 cup walnuts chopped

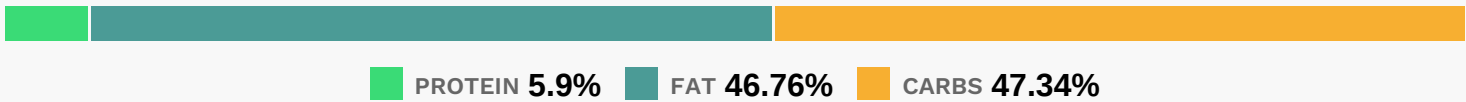
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 10x15 inch baking pan.
- ☐ In a large mixing bowl, combine the applesauce, sweetened condensed milk, butter or margarine, eggs, melted chocolate, and vanilla extract.
- ☐ Add the baking mix and cinnamon, and mix well. Stir in nuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake for 25 to 30 minutes, or until a wooden pick inserted near the center comes out clean. Frost when cool.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:7, Inflammation Score:-3, Nutrition Score:6.9565218220586%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 333.95kcal (16.7%), Fat: 17.77g (27.34%), Saturated Fat: 7.15g (44.68%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 39.1g (14.22%), Sugar: 29.56g (32.84%), Cholesterol: 46.11mg (15.37%), Sodium: 321.02mg (13.96%), Alcohol: 0.47g (100%), Alcohol %: 0.57% (100%), Protein: 5.04g (10.08%), Phosphorus: 202.52mg (20.25%), Manganese: 0.35mg (17.62%), Vitamin B2: 0.21mg (12.39%), Copper: 0.21mg (10.47%), Calcium: 102.49mg (10.25%), Selenium: 7.08µg (10.11%), Vitamin B1: 0.14mg (9.34%), Folate: 31.38µg (7.85%), Iron: 1.39mg (7.74%),

Magnesium: 28.43mg (7.11%), Potassium: 213.72mg (6.11%), Fiber: 1.39g (5.58%), Vitamin A: 251.44IU (5.03%), Zinc: 0.75mg (5.01%), Vitamin E: 0.72mg (4.77%), Vitamin B5: 0.46mg (4.55%), Vitamin B3: 0.9mg (4.48%), Vitamin B12: 0.23µg (3.76%), Vitamin B6: 0.07mg (3.4%), Vitamin K: 2µg (1.9%), Vitamin D: 0.18µg (1.2%), Vitamin C: 0.89mg (1.08%)