



Cinnamon-Apple Cake

READY IN



45 min.

SERVINGS



12

CALORIES



282 kcal

DESSERT

Ingredients

- 3 cups roma apple peeled chopped (2 large)
- 1.5 teaspoons double-acting baking powder
- 0.8 cup cream cheese fat-free block-style softened
- 2 large eggs
- 1.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 cup butter softened
- 0.3 teaspoon salt
- 1.8 cups sugar divided

- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- springform pan
- serrated knife

Directions

- Preheat oven to 350
- Beat 1 1/2 cups sugar, margarine, vanilla, and cream cheese at medium speed of a mixer until well-blended (about 4 minutes).
- Add eggs, 1 at a time, beating well after each addition.
- Combine flour, baking powder, and salt.
- Add flour mixture to creamed mixture, beating at low speed until blended.
- Combine 1/4 cup sugar and cinnamon.
- Combine 2 tablespoons cinnamon mixture and apple in a bowl, and stir apple mixture into batter.
- Pour batter into an 8-inch springform pan coated with cooking spray, and sprinkle with remaining cinnamon mixture.
- Bake at 350 for 1 hour and 15 minutes or until the cake pulls away from the sides of the pan. Cool the cake completely on a wire rack, and cut using a serrated knife.
- Note: You can also make this cake in a 9-inch square cake pan or a 9-inch springform pan; just reduce the cooking time by 5 minutes.

Nutrition Facts



■ PROTEIN 7.04% ■ FAT 27.68% ■ CARBS 65.28%

Properties

Glycemic Index:22.84, Glycemic Load:30.26, Inflammation Score:-4, Nutrition Score:5.3639129970385%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 282.22kcal (14.11%), Fat: 8.85g (13.62%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 45.61g (16.59%), Sugar: 33.25g (36.95%), Cholesterol: 32.69mg (10.9%), Sodium: 302.61mg (13.16%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 5.06g (10.12%), Selenium: 8.73µg (12.48%), Phosphorus: 124.05mg (12.4%), Vitamin B2: 0.17mg (10.02%), Folate: 38.51µg (9.63%), Calcium: 94.38mg (9.44%), Vitamin B1: 0.14mg (9.2%), Manganese: 0.18mg (9.13%), Vitamin A: 408.67IU (8.17%), Iron: 1.03mg (5.74%), Fiber: 1.35g (5.4%), Vitamin B3: 1mg (4.99%), Vitamin B12: 0.22µg (3.63%), Vitamin B5: 0.34mg (3.43%), Potassium: 107.52mg (3.07%), Vitamin E: 0.46mg (3.05%), Zinc: 0.45mg (3.01%), Magnesium: 9.77mg (2.44%), Copper: 0.05mg (2.28%), Vitamin B6: 0.04mg (2.12%), Vitamin C: 1.47mg (1.78%), Vitamin D: 0.17µg (1.11%)