



Double Apple Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 1 cup apples dried coarsely chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 cup apple sauce unsweetened
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Coat a 5-quart round electric slow cooker with cooking spray. Line bottom of slow cooker with parchment paper.
- ☐ Place 2 (30-inch-long) strips of parchment paper in an X pattern under parchment paper liner in slow cooker. Coat parchment with cooking spray.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, brown sugar, and next 6 ingredients (through cloves) in a medium bowl, stirring with a whisk.
- ☐ Combine applesauce and next 4 ingredients (through egg) in a small bowl.
- ☐ Add applesauce mixture to flour mixture, stirring until smooth. Stir in dried apple.
- ☐ Pour batter into prepared slow cooker, spreading into an even layer. Cover and cook on HIGH for 1 to 1 1/2 hours or until puffed and a wooden pick inserted into center comes out clean.
- ☐ Cut into wedges.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



 **PROTEIN 7.08%**  **FAT 28.97%**  **CARBS 63.95%**

Properties

Glycemic Index:40.5, Glycemic Load:13.59, Inflammation Score:-3, Nutrition Score:5.3852174048838%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 211.03kcal (10.55%), Fat: 6.77g (10.42%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 32.07g (11.66%), Sugar: 14.18g (15.76%), Cholesterol: 38.9mg (12.97%), Sodium: 309.34mg (13.45%), Alcohol: 0.56g (100%), Alcohol %: 0.67% (100%), Protein: 3.72g (7.45%), Selenium: 10.35µg (14.79%), Manganese: 0.27mg (13.54%), Vitamin B1: 0.2mg (13.42%), Folate: 48.09µg (12.02%), Vitamin B2: 0.18mg (10.42%), Iron: 1.42mg (7.91%), Vitamin B3: 1.46mg (7.3%), Fiber: 1.57g (6.27%), Phosphorus: 57.88mg (5.79%), Calcium: 49.07mg (4.91%), Vitamin A: 234.23IU (4.68%), Potassium: 106.61mg (3.05%), Copper: 0.06mg (2.97%), Vitamin B5: 0.27mg (2.7%), Magnesium: 10.35mg (2.59%), Vitamin E: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.21%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.09µg (1.49%), Vitamin C: 1.14mg (1.38%), Vitamin K: 1.25µg (1.19%)