

Easiest Applesauce Cake

 Dairy Free

READY IN



65 min.

SERVINGS



3

CALORIES



1038 kcal

DESSERT

Ingredients

- 1 cup apple sauce
- 4 eggs
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 3.4 ounce vanilla pudding instant
- 0.3 cup vegetable oil
- 0.5 cup water
- 18.3 ounce cake mix yellow

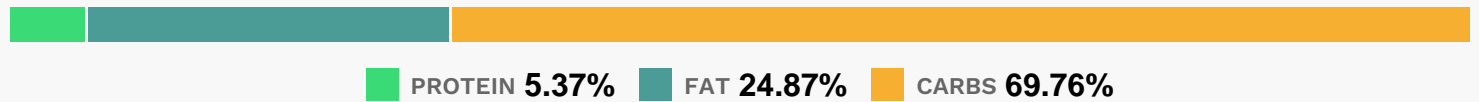
Equipment

- bowl
- oven
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat oven at 350 degrees F (180 degrees C). Grease and flour three 8x4 inch loaf pans.
- In a large bowl, stir together cake mix, instant pudding mix, nutmeg, and cinnamon.
- Add the applesauce, oil, eggs and water. Blend for 3 to 4 minutes using an electric mixer. Divide the batter evenly between the prepared pans.
- Bake for 50 to 55 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:20.930869527485%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 1037.64kcal (51.88%), Fat: 28.88g (44.42%), Saturated Fat: 7.52g (47.02%), Carbohydrates: 182.21g (60.74%), Net Carbohydrates: 178.81g (65.02%), Sugar: 108.11g (120.12%), Cholesterol: 218.24mg (72.75%), Sodium: 1546.52mg (67.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Phosphorus: 656.42mg (65.64%), Vitamin B2: 0.7mg (40.91%), Calcium: 406.74mg (40.67%), Vitamin K: 39.1µg (37.23%), Folate: 147.56µg (36.89%), Selenium: 23.73µg (33.9%), Vitamin B1: 0.44mg (29.61%), Iron: 4.87mg (27.04%), Vitamin E: 3.83mg (25.51%), Manganese: 0.44mg (21.83%), Vitamin B3: 4.11mg (20.57%), Vitamin B5: 1.56mg (15.62%), Fiber: 3.4g

(13.61%), Vitamin B6: 0.26mg (12.78%), Vitamin B12: 0.69µg (11.58%), Copper: 0.21mg (10.3%), Zinc: 1.27mg (8.47%), Vitamin D: 1.17µg (7.82%), Magnesium: 27.93mg (6.98%), Vitamin A: 341.71IU (6.83%), Potassium: 231.23mg (6.61%), Vitamin C: 0.84mg (1.01%)