



Applesauce Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



628 kcal

DESSERT

Ingredients

- 1 cup brown sugar
- 1 cup brown sugar
- 3 teaspoons cinnamon
- 4 teaspoons baking soda
- 1 box raisins
- 1 pound cherries red chopped
- 1 cup granulated sugar white
- 1 cup butter

- 2 eggs
- 3 cups apple sauce
- 4 cups flour plain
- 1 cup nuts chopped
- 1 teaspoon vanilla

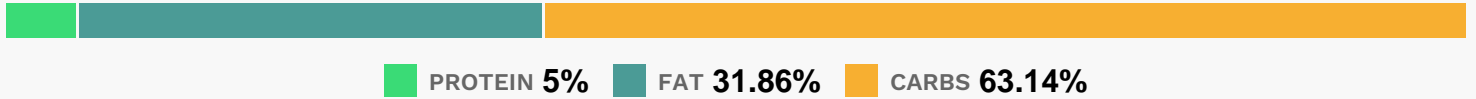
Equipment

- oven
- cake form

Directions

- Put in a greased and floured cake pan.
- Bake at 325–350 degrees for 1 1/2 hours. Save some cherries and nuts to decorate the top with. This makes a large cake and can be kept in the refrigerator for days.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:36.88, Inflammation Score:-6, Nutrition Score:11.828260869565%

Flavonoids

Cyanidin: 11.42mg, Cyanidin: 11.42mg, Cyanidin: 11.42mg, Cyanidin: 11.42mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg, Epicatechin: 5.19mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 627.65kcal (31.38%), Fat: 22.82g (35.11%), Saturated Fat: 10.87g (67.93%), Carbohydrates: 101.77g (33.92%), Net Carbohydrates: 97.76g (35.55%), Sugar: 62.97g (69.97%), Cholesterol: 67.95mg (22.65%), Sodium: 511.18mg (22.23%), Protein: 8.06g (16.13%), Manganese: 0.68mg (33.79%), Vitamin B1: 0.38mg (25.5%), Selenium: 17.31µg (24.73%), Folate: 90.04µg (22.51%), Vitamin B2: 0.31mg (18.02%), Iron: 3.13mg (17.37%), Fiber: 4.01g (16.06%), Vitamin B3: 3.21mg (16.04%), Copper: 0.28mg (14.09%), Phosphorus: 129.93mg (12.99%), Magnesium: 47.4mg (11.85%), Vitamin A: 557.48IU (11.15%), Potassium: 321.31mg (9.18%), Calcium: 66.62mg (6.66%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.61mg (6.11%), Vitamin B6: 0.12mg (6%), Vitamin E: 0.68mg (4.51%), Vitamin C: 3.39mg (4.1%), Vitamin K: 2.73µg (2.6%), Vitamin B12: 0.1µg (1.62%)