



Fort Davis Apple Cake

READY IN



45 min.

SERVINGS



16

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 3 cups apples peeled chopped
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon plus
- ☐ 3 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg

- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup stick margarine melted
- ☐ 0.8 cup sugar
- ☐ 1.5 cups sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup water

Equipment

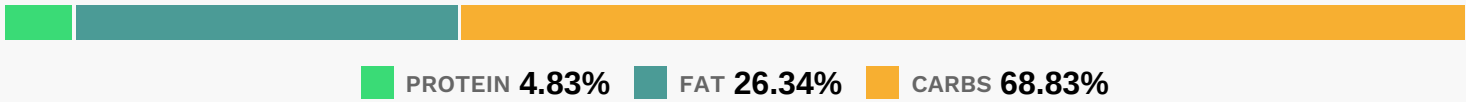
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ measuring cup
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients (flour through cloves) in a large bowl.
- ☐ Add water and next 4 ingredients (water through eggs); stir just until well-blended. Fold in apple. Spoon batter into a 12-cup Bundt pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ To prepare glaze, combine 3/4 cup sugar, buttermilk, syrup, and baking soda in a medium saucepan. Cook over medium heat 6 minutes or until sugar dissolves and mixture is light brown, stirring constantly. Stir in vanilla.

☐ Pour over cake.

Nutrition Facts



Properties

Glycemic Index:21.32, Glycemic Load:29.32, Inflammation Score:-2, Nutrition Score:4.1443478128184%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 254.97kcal (12.75%), Fat: 7.63g (11.73%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 43.77g (15.92%), Sugar: 32.03g (35.59%), Cholesterol: 35.17mg (11.73%), Sodium: 200.44mg (8.71%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 3.15g (6.29%), Selenium: 8.51µg (12.16%), Vitamin B1: 0.13mg (8.95%), Folate: 34.15µg (8.54%), Vitamin B2: 0.14mg (8.51%), Manganese: 0.16mg (8.03%), Iron: 0.97mg (5.39%), Vitamin E: 0.76mg (5.07%), Vitamin B3: 0.96mg (4.8%), Phosphorus: 45.73mg (4.57%), Fiber: 1.07g (4.27%), Vitamin A: 199.49IU (3.99%), Vitamin K: 2.71µg (2.58%), Vitamin B5: 0.25mg (2.51%), Calcium: 21.07mg (2.11%), Copper: 0.04mg (2.03%), Potassium: 69.38mg (1.98%), Zinc: 0.28mg (1.9%), Vitamin B6: 0.04mg (1.79%), Magnesium: 6.99mg (1.75%), Vitamin B12: 0.1µg (1.73%), Vitamin C: 1.17mg (1.41%), Vitamin D: 0.19µg (1.25%)