

Fresh Apple Cake

 Vegetarian

READY IN



120 min.

SERVINGS



15

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2.5 pounds apples i use 2 granny smith apples peeled cut into 1/4-inch-thick wedges (4 large)
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 cups pecans chopped
- ☐ 1 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

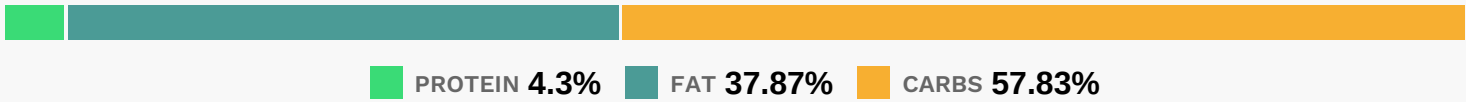
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.
- ☐ Stir together butter and next 3 ingredients in a large bowl until blended.
- ☐ Combine flour and next 3 ingredients; add to butter mixture, stirring until blended. Stir in apples and 1 cup pecans. (Batter will be very thick, similar to a cookie dough.)
- ☐ Spread batter into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack (about 45 minutes).
- ☐ Spread your choice of frosting over top of cake; sprinkle with remaining 1/2 cup pecans.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:30.63, Inflammation Score:-4, Nutrition Score:7.1700000400129%

Flavonoids

Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 5.78mg, Epicatechin:

5.78mg, Epicatechin: 5.78mg, Epicatechin: 5.78mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 343.18kcal (17.16%), Fat: 15g (23.08%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 51.53g (17.18%), Net Carbohydrates: 48.07g (17.48%), Sugar: 35.02g (38.91%), Cholesterol: 41.07mg (13.69%), Sodium: 287.52mg (12.5%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.83g (7.67%), Manganese: 0.68mg (34.06%), Vitamin B1: 0.22mg (14.58%), Fiber: 3.45g (13.81%), Selenium: 8.36µg (11.94%), Folate: 38.54µg (9.64%), Copper: 0.18mg (9.15%), Vitamin B2: 0.15mg (9.1%), Iron: 1.3mg (7.2%), Phosphorus: 71.71mg (7.17%), Vitamin B3: 1.19mg (5.97%), Vitamin A: 272.8IU (5.46%), Magnesium: 21.78mg (5.45%), Zinc: 0.74mg (4.94%), Potassium: 156.54mg (4.47%), Vitamin C: 3.61mg (4.37%), Vitamin E: 0.55mg (3.67%), Vitamin B6: 0.07mg (3.66%), Vitamin B5: 0.32mg (3.25%), Vitamin K: 2.73µg (2.6%), Calcium: 23.28mg (2.33%), Vitamin B12: 0.07µg (1.2%)