



Fresh Apple Cake by MeMom

READY IN



140 min.

SERVINGS



12

CALORIES



509 kcal

DESSERT

Ingredients

- ☐ 4 cups apples sliced
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar
- ☐ 1 cup buttermilk
- ☐ 3 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup butter
- ☐ 2 cups milk
- ☐ 1.5 cups pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vanilla extract pure
- ☐ 1 cup vegetable oil
- ☐ 2.5 cups sugar white

Equipment

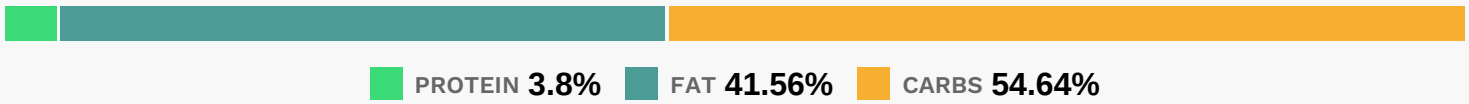
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a fluted tube pan.
- ☐ Mix 3 cups all-purpose flour, white sugar, baking soda, cinnamon, allspice, salt, cloves, and nutmeg together in a bowl.
- ☐ Beat eggs in a separate large bowl; add vegetable oil, buttermilk, and 1 tablespoon vanilla. Beat until smooth.
- ☐ Pour egg mixture into flour mixture; stir together with a large spoon. Fold apples and pecans into batter.
- ☐ Pour batter into the prepared pan.
- ☐ Bake in the preheated oven until a knife inserted in the center of the cake comes out clean, 60 to 75 minutes. Cool cake in pan.
- ☐ Cook and stir margarine and brown sugar together in a saucepan over medium heat until sugar is dissolved, about 5 minutes.

- ☐
- Add 2 tablespoons flour; stir constantly until combined. Stir in milk and 1 tablespoon vanilla. Cook and stir until thickened, 5 minutes.
- ☐
- Invert cake onto a plastic cake carrier or container; poke holes over entire cake using a knife.
- ☐
- Pour hot icing over entire cake.
- ☐
- Pour any remaining icing into the center of the cake. The icing will absorb into the cake overnight.

Nutrition Facts



Properties

Glycemic Index:28.84, Glycemic Load:32.41, Inflammation Score:-5, Nutrition Score:8.6947826976361%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 508.64kcal (25.43%), Fat: 24.33g (37.43%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 71.96g (23.99%), Net Carbohydrates: 69.21g (25.17%), Sugar: 67.38g (74.87%), Cholesterol: 48mg (16%), Sodium: 432.66mg (18.81%), Alcohol: 0.37g (100%), Alcohol %: 0.22% (100%), Protein: 5g (10%), Manganese: 0.81mg (40.29%), Phosphorus: 127.25mg (12.72%), Calcium: 118.24mg (11.82%), Vitamin B2: 0.19mg (11.09%), Fiber: 2.75g (11.02%), Vitamin A: 529.71IU (10.59%), Copper: 0.21mg (10.31%), Vitamin B1: 0.14mg (9.67%), Selenium: 6.33µg (9.04%), Vitamin K: 8.56µg (8.15%), Magnesium: 29.92mg (7.48%), Zinc: 1.05mg (7.03%), Vitamin B12: 0.42µg (6.98%), Potassium: 240.98mg (6.89%), Vitamin E: 1.03mg (6.84%), Vitamin D: 0.93µg (6.18%), Vitamin B5: 0.58mg (5.8%), Vitamin B6: 0.11mg (5.36%), Iron: 0.88mg (4.89%), Folate: 13.13µg (3.28%), Vitamin C: 2.18mg (2.64%), Vitamin B3: 0.38mg (1.91%)