



German Apple Cake I



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



15

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 4 cups apples diced cored peeled
- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch cake pan.
- ☐ In a mixing bowl; beat oil and eggs with an electric mixer until creamy.
- ☐ Add the sugar and vanilla and beat well.
- ☐ Combine the flour salt, baking soda, and ground cinnamon together in a bowl. Slowly add this mixture to the egg mixture and mix until combined. The batter will be very thick. Fold in the apples by hand using a wooden spoon.
- ☐ Spread batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes or until cake tests done.
- ☐ Let cake cool on a wire rack. Once cake is cool serve with a dusting of confectioners' sugar or with a Cream Cheese Frosting.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:29.04, Inflammation Score:-2, Nutrition Score:3.8404348052066%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 216.18kcal (10.81%), Fat: 3.77g (5.81%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 42.78g (15.56%), Sugar: 30.19g (33.54%), Cholesterol: 21.82mg (7.27%), Sodium: 159.79mg (6.95%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 2.56g (5.12%), Selenium: 7.62µg (10.89%), Vitamin B1: 0.14mg (9.26%), Manganese: 0.18mg (8.77%), Folate: 34.27µg (8.57%), Vitamin B2: 0.12mg (7.25%), Vitamin K: 6.23µg (5.93%), Fiber: 1.39g (5.57%), Iron: 0.95mg (5.29%), Vitamin B3: 1.02mg (5.12%), Phosphorus: 33.47mg (3.35%), Vitamin E: 0.38mg (2.5%), Copper: 0.04mg (2.01%), Vitamin C: 1.54mg (1.87%), Vitamin B5: 0.18mg (1.84%), Potassium: 63.69mg (1.82%), Vitamin B6: 0.03mg (1.57%), Magnesium: 6.23mg (1.56%), Zinc: 0.21mg (1.42%), Calcium: 10.8mg (1.08%), Vitamin A: 50.47IU (1.01%)