



Gluten-Free Apple Cake



Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 15 oz betty crocker's cake mix gluten free yellow
- ☐ 1 stick butter softened
- ☐ 0.3 cup water
- ☐ 3 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground allspice
- ☐ 2 cups apples peeled chopped (cooking/baking variety)

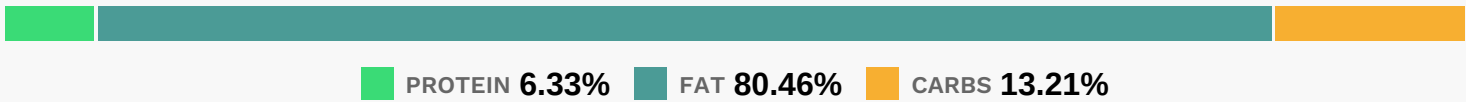
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom of 9-inch square pan with shortening or cooking spray.
- ☐ Make cake batter as directed on box, beating all ingredients except apples in large bowl with electric mixer on medium speed 2 minutes. Stir in apples.
- ☐ Spread in pan.
- ☐ Bake 40 to 45 minutes or until toothpick inserted in the center comes out clean.
- ☐ Cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:1.413478249765%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 71.09kcal (3.55%), Fat: 6.5g (10%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.66g (1.84%), Cholesterol: 30.69mg (10.23%), Sodium: 78.75mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin A: 306.15IU (6.12%), Selenium: 2.54µg (3.62%), Vitamin B2: 0.04mg (2.61%), Vitamin E: 0.34mg (2.24%), Phosphorus: 19.79mg (1.98%), Fiber: 0.45g

(1.79%), Manganese: 0.03mg (1.53%), Vitamin B5: 0.14mg (1.42%), Vitamin B12: 0.08µg (1.34%), Folate: 4.44µg (1.11%),
Vitamin D: 0.17µg (1.1%), Vitamin B6: 0.02mg (1.07%)