

Gluten-Free European Apple Cake



Vegetarian



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almond flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 4 small golden delicious apples cored peeled chopped
- ☐ 0.3 cup rice flour
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sorghum flour
- ☐ 0.3 cup tapioca flour
- ☐ 1 cup vegetable oil
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 1.8 cups sugar white
- ☐ 1 tablespoon xanthan gum

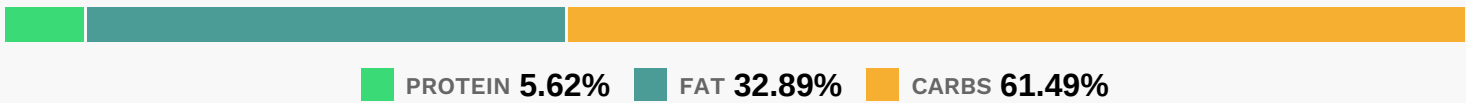
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch pan; lightly flour with gluten-free flour.
- ☐ Whisk sorghum flour, almond flour, rice flour, tapioca flour, xanthan gum, cinnamon, baking soda, baking powder, and salt together in a bowl.
- ☐ Whisk sugar, vegetable oil, and eggs together in a separate bowl; stir into flour mixture until incorporated and batter is thoroughly combined. Fold in apples and walnuts.
- ☐ Pour and press batter into the prepared pan.
- ☐ Bake in the preheated oven until a knife inserted into the middle of the cake comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:19.24, Inflammation Score:-2, Nutrition Score:4.0804347577302%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg 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: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 246.62kcal (12.33%), Fat: 9.44g (14.52%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 36.84g (13.4%), Sugar: 27.87g (30.96%), Cholesterol: 32.74mg (10.91%), Sodium: 197.32mg (8.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Manganese: 0.28mg (14.08%), Fiber: 2.85g (11.41%), Vitamin K: 6.78µg (6.45%), Phosphorus: 60.22mg (6.02%), Selenium: 4.17µg (5.96%), Copper: 0.1mg (4.9%), Magnesium: 17.46mg (4.36%), Iron: 0.78mg (4.32%), Vitamin B6: 0.08mg (4.24%), Vitamin B2: 0.06mg (3.8%), Calcium: 33.33mg (3.33%), Vitamin E: 0.47mg (3.1%), Vitamin B1: 0.04mg (2.93%), Potassium: 96.18mg (2.75%), Folate: 10.76µg (2.69%), Vitamin B5: 0.26mg (2.59%), Zinc: 0.36mg (2.42%), Vitamin B3: 0.47mg (2.34%), Vitamin C: 1.88mg (2.28%), Vitamin A: 70.15IU (1.4%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)