



Granny Smith Apple Cake

READY IN



45 min.

SERVINGS



16

CALORIES



333 kcal

DESSERT

Ingredients

- 1 cup apple sauce
- 1 teaspoon baking soda
- 8 ounce block cream cheese fat-free softened
- 3 large eggs
- 3 cups flour all-purpose
- 12 ounces apples i use 2 granny smith apples diced
- 2 cups granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

- 0.3 cup pecans chopped
- 1.3 cups powdered sugar
- 1 teaspoon salt
- 0.5 cup stick margarine softened
- 1 teaspoon vanilla extract

Equipment

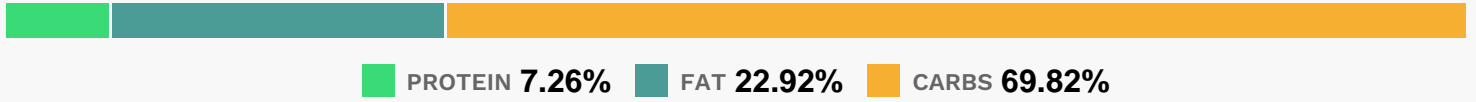
- bowl
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 32
- To prepare cake, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (flour through nutmeg) in a large bowl; stir with a whisk.
- Add apple and pecans; toss gently to combine. Make a well in center of mixture.
- Combine granulated sugar, applesauce, 1 teaspoon vanilla, and eggs in a bowl; beat with a mixer at medium speed until well-blended.
- Add to flour mixture. Stir just until moist. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- Bake at 325 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack.
- To prepare icing, beat butter and cream cheese with a mixer at medium speed until smooth.
- Add powdered sugar and 1 teaspoon vanilla; beat just until blended.

Spread icing over cake.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:31.2, Inflammation Score:-4, Nutrition Score:6.5560869082161%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 332.83kcal (16.64%), Fat: 8.62g (13.26%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 59.07g (19.69%), Net Carbohydrates: 57.51g (20.91%), Sugar: 39.39g (43.76%), Cholesterol: 36.58mg (12.19%), Sodium: 397.77mg (17.29%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 6.14g (12.29%), Selenium: 11.85µg (16.92%), Vitamin B1: 0.21mg (14.23%), Manganese: 0.28mg (14.03%), Folate: 53.9µg (13.48%), Vitamin B2: 0.22mg (12.84%), Phosphorus: 127.89mg (12.79%), Iron: 1.42mg (7.87%), Vitamin B3: 1.48mg (7.41%), Vitamin A: 339.95IU (6.8%), Calcium: 65.76mg (6.58%), Fiber: 1.57g (6.27%), Vitamin B5: 0.41mg (4.06%), Copper: 0.08mg (4.02%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.23µg (3.76%), Potassium: 123.62mg (3.53%), Magnesium: 13.54mg (3.39%), Vitamin E: 0.43mg (2.89%), Vitamin B6: 0.05mg (2.54%), Vitamin C: 1.17mg (1.42%), Vitamin D: 0.19µg (1.25%)