



Honey Apple Cake



Gluten Free



Dairy Free



Popular

READY IN



150 min.

SERVINGS



10

CALORIES



2214 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp allspice
- ☐ 1 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 1.3 cup canola oil
- ☐ 1.5 tsp cinnamon
- ☐ 1 Dash ground cloves
- ☐ 3 eggs
- ☐ 3 cups flour

- ☐ 4 apples i use 2 granny smith apples shredded cored peeled
- ☐ 0.8 cup honey
- ☐ 9 inch round cake
- ☐ 0.3 cup brown sugar light
- ☐ 1 tbsp non-dairy creamer like mimiccreme
- ☐ 1 cup powdered sugar
- ☐ 0.8 tsp salt
- ☐ 0.3 tsp vanilla
- ☐ 0.5 cup granulated sugar white

Equipment

- ☐ baking paper
- ☐ wire rack
- ☐ sifter
- ☐ kugelhopf pan

Directions

- ☐ Save Recipe
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- ☐ Honey Apple Cake
- ☐ Cake Ingredients3 eggs3/4 cup honey1/2 cup white sugar1/4 cup light brown sugar1 1/4 cup canola oil1 1/2 tsp vanilla3 cups all purpose baking flour1 tsp baking powder1 tsp baking soda1 1/2 tsp cinnamon3/4 tsp salt1/4 tsp allspice
- ☐ Dash of ground cloves4 Granny Smith apples – peeled, cored, and shredded
- ☐ Icing Ingredients1 cup + 3 tbsp powdered sugar1/4 tsp vanilla1–2 tbsp non-dairy creamer
- ☐ You will also need9 inch Bundt cake pan, sifter, wire cooling rack, parchment paper, Ziploc bag
- ☐ Cook Time: 75 – 90 Minutes
- ☐ Total Time: 2 – 2 Hours 30 Minutes
- ☐ Servings: 10

Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:26.64, Glycemic Load:20.69, Inflammation Score:-7, Nutrition Score:43.346956460372%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 2214.38kcal (110.72%), Fat: 25.17g (38.73%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 464.07g (154.69%), Net Carbohydrates: 455.24g (165.54%), Sugar: 284.87g (316.52%), Cholesterol: 682.52mg (227.51%), Sodium: 4241.58mg (184.42%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 39.18g (78.36%), Iron: 18.77mg (104.3%), Vitamin B2: 1.76mg (103.77%), Vitamin B1: 1.53mg (101.8%), Phosphorus: 897.59mg (89.76%), Selenium: 61µg (87.15%), Folate: 300.89µg (75.22%), Manganese: 1.49mg (74.42%), Vitamin B3: 12.11mg (60.53%), Calcium: 508.9mg (50.89%), Fiber: 8.83g (35.31%), Vitamin B5: 3.24mg (32.42%), Vitamin B12: 1.61µg (26.8%), Zinc: 3.44mg (22.91%), Copper: 0.43mg (21.48%), Vitamin A: 1068.72IU (21.37%), Potassium: 738.18mg (21.09%), Vitamin B6: 0.38mg (19.23%), Magnesium: 75.24mg (18.81%), Vitamin E: 2.77mg (18.47%), Vitamin D: 1.51µg (10.04%), Vitamin K: 7.18µg (6.83%), Vitamin C: 3.51mg (4.25%)