



Honey-Apple Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



496 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 3 large eggs
- 3 cups flour all-purpose
- 3 cups golden delicious apple chopped
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 cup honey
- 10 servings honey

- 1 cup pecans divided chopped
- 1 teaspoon salt
- 2 cups sugar
- 1 teaspoon vanilla extract
- 1 cup vegetable oil

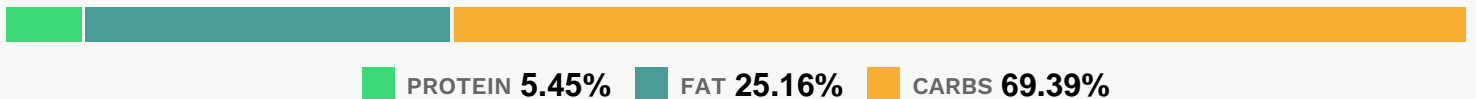
Equipment

- frying pan
- oven
- wire rack
- hand mixer
- wax paper
- kugelhkopf pan

Directions

- Grease and flour a 12-cup Bundt pan; sprinkle bottom of pan with 1/4 cup pecans. Set aside.
- Beat sugar, oil, and honey at medium speed with an electric mixer until well blended.
- Add eggs, 1 at a time, beating just until blended.
- Combine flour and next 4 ingredients. Gradually add to sugar mixture, beating at low speed just until blended. Stir in vanilla, remaining 3/4 cup pecans, and apple. Spoon over pecans in pan.
- Bake at 350 for 55 to 60 minutes. Cool in pan on a wire rack 15 minutes; remove from pan, and place on a wire rack over wax paper.
- Pour 1/2 cup Honey Sauce over warm cake. Cool.
- Heat remaining Honey Sauce; serve with cake and, if desired, ice cream.

Nutrition Facts



Properties

Glycemic Index:37.36, Glycemic Load:56.97, Inflammation Score:-4, Nutrition Score:10.383913154187%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 496.14kcal (24.81%), Fat: 14.21g (21.86%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 88.17g (29.39%), Net Carbohydrates: 85.06g (30.93%), Sugar: 57.05g (63.39%), Cholesterol: 55.8mg (18.6%), Sodium: 365.87mg (15.91%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 6.93g (13.85%), Manganese: 0.82mg (40.77%), Selenium: 18.1µg (25.86%), Vitamin B1: 0.38mg (25.29%), Folate: 79.56µg (19.89%), Vitamin B2: 0.29mg (17.16%), Iron: 2.43mg (13.52%), Fiber: 3.11g (12.43%), Vitamin B3: 2.41mg (12.06%), Copper: 0.22mg (10.84%), Phosphorus: 105.02mg (10.5%), Vitamin K: 9.29µg (8.85%), Zinc: 1.01mg (6.72%), Magnesium: 25.69mg (6.42%), Vitamin B5: 0.53mg (5.27%), Vitamin E: 0.76mg (5.08%), Vitamin B6: 0.09mg (4.41%), Potassium: 153.54mg (4.39%), Calcium: 27.52mg (2.75%), Vitamin B12: 0.13µg (2.23%), Vitamin A: 106.87IU (2.14%), Vitamin D: 0.3µg (2%)