



## Jewish Apple Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



282 kcal

DESSERT

### Ingredients

- 1 pound apples peeled sliced
- 0.5 cup apple sauce sweetened
- 1 tablespoon double-acting baking powder
- 1 cup brown sugar packed
- 3 large egg whites
- 2 large eggs
- 2 teaspoons flour all-purpose
- 3 cups flour all-purpose

- 1 cup granulated sugar
- 3 tablespoons granulated sugar
- 2 tablespoons ground cinnamon
- 0.5 cup orange juice
- 0.5 teaspoon salt
- 2.5 teaspoons vanilla extract
- 0.3 cup vegetable oil
- 2 tablespoons walnuts chopped

## Equipment

- frying pan
- oven
- knife
- wire rack
- blender
- measuring cup

## Directions

- Preheat oven to 35
- Coat a 10-inch tube pan with cooking spray, and dust with 2 teaspoons flour. Set prepared pan aside.
- Beat granulated sugar and next 8 ingredients (sugar through eggs) at medium speed of a mixer until blended. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt.
- Add flour mixture to sugar mixture, beating at low speed just until blended.
- Combine apple and remaining ingredients. Spoon half of batter into prepared pan. Top with half of apple mixture. Repeat with remaining batter and apple mixture.
- Bake at 350 for 1 hour and 15 minutes. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

## Nutrition Facts

PROTEIN 5.99% FAT 19.84% CARBS 74.17%

## Properties

Glycemic Index:30.7, Glycemic Load:25.04, Inflammation Score:-3, Nutrition Score:6.7182609387066%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 281.84kcal (14.09%), Fat: 6.32g (9.73%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 51.15g (18.6%), Sugar: 32.64g (36.26%), Cholesterol: 23.25mg (7.75%), Sodium: 176.48mg (7.67%), Alcohol: 0.22g (100%), Alcohol %: 0.23% (100%), Protein: 4.3g (8.59%), Manganese: 0.41mg (20.27%), Selenium: 11.56µg (16.52%), Vitamin B1: 0.21mg (13.8%), Folate: 51.36µg (12.84%), Vitamin B2: 0.19mg (11.2%), Vitamin K: 9.46µg (9.01%), Iron: 1.59mg (8.83%), Fiber: 2.04g (8.14%), Calcium: 77.33mg (7.73%), Vitamin B3: 1.52mg (7.59%), Phosphorus: 65.69mg (6.57%), Vitamin C: 5.31mg (6.44%), Copper: 0.08mg (4.22%), Vitamin E: 0.55mg (3.66%), Potassium: 125.03mg (3.57%), Magnesium: 13.23mg (3.31%), Vitamin B5: 0.28mg (2.76%), Vitamin B6: 0.05mg (2.61%), Zinc: 0.33mg (2.2%), Vitamin A: 69.97IU (1.4%), Vitamin B12: 0.06µg (1.02%)