



Jewish Apple Cake II



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 3 apples cored peeled sliced
- ☐ 3 teaspoons double-acting baking powder
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon salt
- ☐ 2.5 teaspoons vanilla extract

- ☐ 1 cup vegetable oil
- ☐ 5 tablespoons sugar white

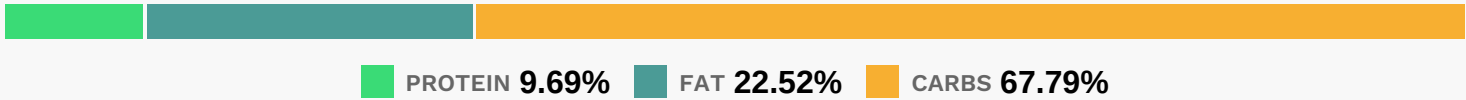
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 10 inch tube pan.
- ☐ Sprinkle sliced apples with 5 tablespoons white sugar and the ground cinnamon. Toss to coat and set aside.
- ☐ Mix the flour, eggs, 2 1/2 cups sugar, baking powder, salt, vegetable oil, orange juice and vanilla until well blended. Batter will be fairly stiff.
- ☐ Pour 1/2 of the batter into the prepared pan.
- ☐ Place the apple mixture over the batter then pour the remaining batter over the top.
- ☐ Bake at 350 degrees F (175 degrees C) for 60 to 80 minutes.
- ☐ Let cake cool in pan.

Nutrition Facts



Properties

Glycemic Index:32.61, Glycemic Load:27.85, Inflammation Score:-4, Nutrition Score:9.3343476938165%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg

0.27mg, Naringenin: 0.27mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 261.79kcal (13.09%), Fat: 6.54g (10.07%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 41.76g (15.19%), Sugar: 13.01g (14.46%), Cholesterol: 65.47mg (21.82%), Sodium: 270.08mg (11.74%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 6.34g (12.67%), Selenium: 18.18µg (25.97%), Vitamin B1: 0.32mg (21.47%), Folate: 82.28µg (20.57%), Manganese: 0.35mg (17.72%), Vitamin B2: 0.29mg (16.81%), Iron: 2.31mg (12.83%), Vitamin B3: 2.34mg (11.68%), Phosphorus: 110.07mg (11.01%), Vitamin C: 8.73mg (10.58%), Fiber: 2.56g (10.25%), Calcium: 94.88mg (9.49%), Vitamin K: 9.52µg (9.07%), Vitamin B5: 0.49mg (4.93%), Vitamin E: 0.68mg (4.51%), Copper: 0.09mg (4.48%), Potassium: 151.22mg (4.32%), Magnesium: 15.14mg (3.79%), Vitamin B6: 0.07mg (3.73%), Zinc: 0.53mg (3.51%), Vitamin A: 150.5IU (3.01%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%)