



Mocha-Apple Bundt Cake

READY IN



210 min.

SERVINGS



12

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup canola oil
- ☐ 5.2 oz milk chocolate candy bars chopped
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 lb granny smith apples diced peeled
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 tablespoon coffee granules instant

- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

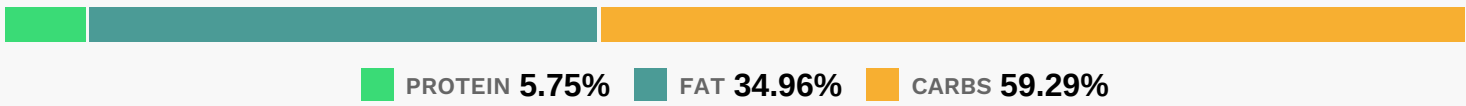
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Beat sugar and next 4 ingredients at high speed with a heavy-duty electric stand mixer 5 minutes. Stir together flour and next 4 ingredients; gradually add flour mixture to sugar mixture, beating at low speed just until blended.
- ☐ Add apples, chocolate, and pecans; beat just until blended. Spoon into a greased and floured 12-cup Bundt pan.
- ☐ Bake at 350 for 1 hour to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 15 minutes; remove from pan to wire rack, and cool completely (about 2 hours).

Nutrition Facts



Properties

Glycemic Index:33.06, Glycemic Load:34.76, Inflammation Score:-4, Nutrition Score:10.219999914584%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 391.27kcal (19.56%), Fat: 15.82g (24.34%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 60.38g (20.13%), Net Carbohydrates: 56.05g (20.38%), Sugar: 31.39g (34.88%), Cholesterol: 31mg (10.33%), Sodium: 183.14mg (7.96%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Caffeine: 21.19mg (7.06%), Protein: 5.85g (11.71%), Manganese: 0.75mg (37.71%), Vitamin B1: 0.32mg (21.64%), Selenium: 14µg (20%), Fiber: 4.33g (17.32%), Folate: 65.88µg (16.47%), Vitamin B2: 0.26mg (15.14%), Iron: 2.38mg (13.2%), Copper: 0.26mg (12.77%), Phosphorus: 118.14mg (11.81%), Vitamin B3: 2.23mg (11.16%), Magnesium: 38.52mg (9.63%), Vitamin E: 1.06mg (7.06%), Calcium: 65.2mg (6.52%), Zinc: 0.96mg (6.42%), Potassium: 215.73mg (6.16%), Vitamin K: 5.6µg (5.33%), Vitamin C: 3.59mg (4.35%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.4mg (3.99%), Vitamin A: 91.57IU (1.83%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)