



Nutty Apple Spice Cake with Quick Butterscotch Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



342 kcal

DESSERT

Ingredients

- 0.3 cup apple juice dark
- 1 teaspoon baking soda
- 12.3 ounce butterscotch topping fat-free (such as Smucker's)
- 3 large eggs
- 2 cups flour all-purpose
- 0.3 cup golden raisins
- 0.8 pound apples i use 2 granny smith apples diced

- 2 teaspoons ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 teaspoon salt
- 2 cups sugar
- 0.5 cup vegetable oil
- 0.5 cup walnut pieces toasted chopped

Equipment

- bowl
- oven
- knife
- blender
- baking pan
- microwave
- measuring cup

Directions

- Preheat oven to 350
- To prepare cake, beat sugar, oil, and eggs at medium speed of a mixer until well-blended. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (flour through nutmeg) in a small bowl.
- Add flour mixture to sugar mixture, beating just until blended. Fold in apple and walnuts.
- Pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Run a knife around outside edge; cool.
- To prepare sauce, combine raisins and rum in a microwave-safe bowl; let stand 5 minutes. Stir in butterscotch topping; microwave on high 45 seconds or until hot.
- Serve cake with sauce.
- Note: Cake will keep for several days in an airtight container, but the crunchy top will soften.

Nutrition Facts

PROTEIN 4.59% FAT 28.98% CARBS 66.43%

Properties

Glycemic Index:26.84, Glycemic Load:37.12, Inflammation Score:-2, Nutrition Score:5.0417391735574%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 342.22kcal (17.11%), Fat: 11.24g (17.28%), Saturated Fat: 6g (37.51%), Carbohydrates: 57.95g (19.32%), Net Carbohydrates: 56.5g (20.55%), Sugar: 44.07g (48.97%), Cholesterol: 34.88mg (11.63%), Sodium: 138.76mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Manganese: 0.3mg (14.99%), Selenium: 8.82µg (12.6%), Vitamin B1: 0.15mg (9.8%), Folate: 37.57µg (9.39%), Vitamin B2: 0.16mg (9.33%), Iron: 1.13mg (6.29%), Phosphorus: 61.13mg (6.11%), Fiber: 1.45g (5.78%), Copper: 0.11mg (5.41%), Vitamin B3: 1.04mg (5.21%), Vitamin K: 4.74µg (4.52%), Magnesium: 13.95mg (3.49%), Vitamin B6: 0.07mg (3.28%), Potassium: 110.57mg (3.16%), Vitamin E: 0.44mg (2.94%), Vitamin B5: 0.29mg (2.85%), Zinc: 0.39mg (2.63%), Calcium: 24.58mg (2.46%), Vitamin B12: 0.11µg (1.75%), Vitamin C: 1.19mg (1.44%), Vitamin A: 63.86IU (1.28%), Vitamin D: 0.19µg (1.25%)