



Old-Fashioned Cider-Gingerbread Bundt Cake

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 0.8 cup apple cider
- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup egg substitute
- ☐ 2.5 cups flour all-purpose
- ☐ 1.3 cups apples i use 2 granny smith apples shredded peeled (1 apple)
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 0.8 cup blackstrap molasses
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup
- ☐ kugelhkopf pan

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon the flour into dry measuring cups; level with a knife.
- ☐ Combine the flour and the next 5 ingredients (flour through salt) in a bowl.
- ☐ Combine granulated sugar and next 5 ingredients (granulated sugar through egg substitute) in a large bowl; beat at medium speed of a mixer 2 minutes.
- ☐ Add flour mixture; beat until well-blended.
- ☐ Add apple; beat well.
- ☐ Pour batter into a 12-cup Bundt pan coated with cooking spray.
- ☐ Bake cake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; invert cake onto a wire rack, and cool completely. Sift powdered sugar over cake.

Nutrition Facts



PROTEIN 4.36% **FAT 14.65%** **CARBS 80.99%**

Properties

Glycemic Index:16.68, Glycemic Load:25.58, Inflammation Score:-3, Nutrition Score:6.5913043080465%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 226.34kcal (11.32%), Fat: 3.74g (5.76%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 45.48g (16.54%), Sugar: 30.17g (33.52%), Cholesterol: 0mg (0%), Sodium: 189.28mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Manganese: 0.62mg (30.82%), Selenium: 11.29µg (16.13%), Magnesium: 45.58mg (11.4%), Vitamin B1: 0.17mg (11.3%), Iron: 1.87mg (10.41%), Folate: 36.82µg (9.21%), Potassium: 296.06mg (8.46%), Vitamin B2: 0.12mg (7.11%), Vitamin B3: 1.36mg (6.82%), Vitamin B6: 0.13mg (6.58%), Vitamin K: 6.86µg (6.53%), Copper: 0.12mg (6.02%), Fiber: 1.08g (4.34%), Calcium: 43.35mg (4.33%), Phosphorus: 32.05mg (3.21%), Vitamin B5: 0.29mg (2.93%), Vitamin E: 0.39mg (2.59%), Zinc: 0.25mg (1.66%)