



Old-Fashioned Oatmeal Honey Apple Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds toasted coarsely chopped
- ☐ 0.8 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 2 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup honey

- ☐ 0.3 cup honey
- ☐ 0.3 cup brown sugar light packed
- ☐ 1.3 cups brown sugar light packed
- ☐ 1 cup oats
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water hot
- ☐ 1 cup cool whip fat-free frozen thawed

Equipment

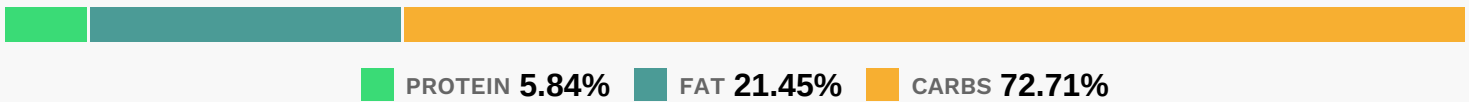
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ broiler
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, combine oats and 1 cup hot water in a small bowl; set aside.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 2 teaspoons cinnamon, baking soda, and salt.
- ☐ Combine 1 1/3 cups sugar, applesauce, 1/3 cup honey, and eggs in a large bowl; beat with a mixer at high speed 1 minute.
- ☐ Add oat mixture; beat at low speed until well blended.
- ☐ Add half of flour mixture to sugar mixture; beat well.

- ☐ Add remaining flour mixture; beat well. Spoon batter into an 11 x 7inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 48 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Place dish on a wire rack.
- ☐ To prepare frosting, melt butter in a small heavy saucepan over medium heat.
- ☐ Add 1/3 cup sugar and 1/4 cup honey; cook 2 minutes or until bubbly, stirring constantly. Stir in almonds. Quickly pour frosting over cake; spread evenly using a rubber spatula.
- ☐ Preheat broiler.
- ☐ Broil cake 1 minute or until frosting is bubbly and golden. Cool completely on a wire rack.
- ☐ Serve with whipped topping; sprinkle with ground cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:19.35, Glycemic Load:13.89, Inflammation Score:-3, Nutrition Score:5.9295652165361%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 259.64kcal (12.98%), Fat: 6.42g (9.87%), Saturated Fat: 2.4g (15%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 47.27g (17.19%), Sugar: 34.53g (38.37%), Cholesterol: 31.63mg (10.54%), Sodium: 184.47mg (8.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Manganese: 0.47mg (23.73%), Selenium: 8.47µg (12.1%), Vitamin B2: 0.18mg (10.77%), Vitamin B1: 0.14mg (9.54%), Vitamin E: 1.36mg (9.09%), Magnesium: 32.53mg (8.13%), Phosphorus: 76.18mg (7.62%), Folate: 30.15µg (7.54%), Iron: 1.33mg (7.39%), Fiber: 1.66g (6.64%), Copper: 0.11mg (5.45%), Vitamin B3: 0.99mg (4.93%), Calcium: 48.82mg (4.88%), Potassium: 124.7mg (3.56%), Zinc: 0.53mg (3.52%), Vitamin A: 134.69IU (2.69%), Vitamin B5: 0.25mg (2.53%), Vitamin B6: 0.05mg (2.44%), Vitamin B12: 0.13µg (2.18%)