



Rum-Raisin Applesauce Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 1 cup apple sauce
- ☐ 0.5 teaspoon baking soda
- ☐ 6 tablespoons butter
- ☐ 3 tablespoons rum dark
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 cup golden raisins

- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

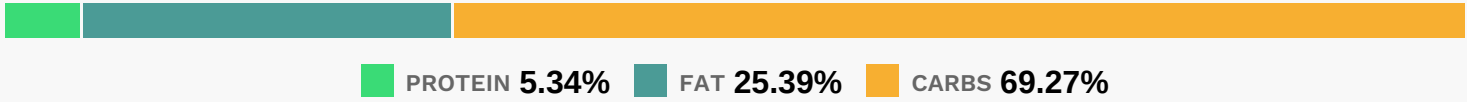
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat an 8-inch square baking pan with cooking spray, and dust the pan with 2 teaspoons flour.
- ☐ Place butter in a large microwave-safe bowl. Cover and microwave at high 1 minute or until butter melts.
- ☐ Add granulated sugar, stirring with a whisk.
- ☐ Add eggs, and stir well. Stir in applesauce and next 6 ingredients (applesauce through salt). Lightly spoon 1 1/2 cups flour into dry measuring cups, and level with a knife.
- ☐ Add flour, stirring just until blended (do not overstir). Stir in raisins.
- ☐ Pour the batter into the prepared pan.

- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.
- ☐ Sprinkle with powdered sugar.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:34.18, Inflammation Score:-3, Nutrition Score:5.8434782391009%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 324.56kcal (16.23%), Fat: 9.05g (13.92%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 55.56g (18.52%), Net Carbohydrates: 53.91g (19.6%), Sugar: 35.38g (39.31%), Cholesterol: 61.4mg (20.47%), Sodium: 204.5mg (8.89%), Alcohol: 1.98g (100%), Alcohol %: 2.18% (100%), Protein: 4.29g (8.57%), Selenium: 11.06µg (15.8%), Manganese: 0.25mg (12.53%), Vitamin B1: 0.18mg (12.07%), Vitamin B2: 0.2mg (11.97%), Folate: 45.83µg (11.46%), Iron: 1.57mg (8.73%), Vitamin B3: 1.48mg (7.42%), Phosphorus: 67.74mg (6.77%), Fiber: 1.66g (6.63%), Vitamin A: 301.87IU (6.04%), Copper: 0.11mg (5.48%), Potassium: 183.83mg (5.25%), Vitamin B6: 0.09mg (4.43%), Magnesium: 13.1mg (3.27%), Vitamin B5: 0.31mg (3.09%), Vitamin E: 0.41mg (2.76%), Zinc: 0.37mg (2.48%), Calcium: 24.08mg (2.41%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.22µg (1.48%), Vitamin K: 1.52µg (1.45%)