



Skinny Fresh Apple Cake

 Vegetarian

READY IN



125 min.

SERVINGS



20

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 3 cups apples unpeeled finely chopped (3 medium)
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup buttermilk
- ☐ 0.5 cup canola oil
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups flour whole wheat

- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla
- ☐ 1 cup walnut pieces chopped

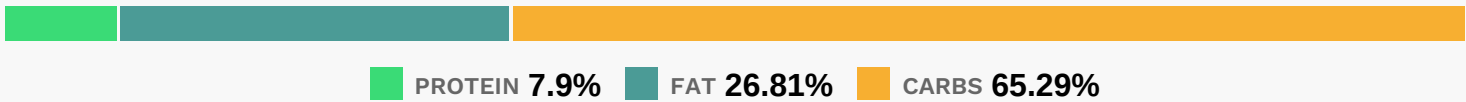
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Spray bottom only of 13x9-inch pan with cooking spray.
- ☐ In large bowl, beat sugars, buttermilk, oil, vanilla and eggs with electric mixer on low speed 20 to 30 seconds or until blended.
- ☐ Add all remaining ingredients except apples and walnuts; beat on low speed about 1 minute or until blended. Stir in apples and walnuts.
- ☐ Spread batter in pan.
- ☐ Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:11.36, Inflammation Score:-2, Nutrition Score:6.4665217969729%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 198.73kcal (9.94%), Fat: 6.13g (9.43%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 31.3g (11.38%), Sugar: 18.31g (20.35%), Cholesterol: 17.69mg (5.9%), Sodium: 134.84mg (5.86%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 4.06g (8.12%), Manganese: 0.71mg (35.72%), Selenium: 10.98µg (15.68%), Vitamin B1: 0.15mg (9.96%), Fiber: 2.27g (9.08%), Phosphorus: 84.08mg (8.41%), Copper: 0.16mg (8.04%), Folate: 30.19µg (7.55%), Vitamin B2: 0.12mg (6.91%), Magnesium: 27.33mg (6.83%), Iron: 1.13mg (6.27%), Vitamin B3: 1.11mg (5.56%), Vitamin B6: 0.1mg (4.79%), Zinc: 0.6mg (4.01%), Calcium: 38.6mg (3.86%), Potassium: 124.28mg (3.55%), Vitamin E: 0.4mg (2.69%), Vitamin B5: 0.27mg (2.66%), Vitamin K: 1.74µg (1.66%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.09µg (1.57%), Vitamin C: 0.95mg (1.16%), Vitamin A: 56.85IU (1.14%)