



## Slow-Cooker Apple Cake

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



213 kcal

DESSERT

### Ingredients

- 1.5 cups flour all-purpose
- 0.3 cup t brown sugar dark packed
- 1.5 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 0.3 teaspoon nutmeg
- 0.1 teaspoon ground cloves

- 1 cup apple sauce unsweetened
- 0.3 cup buttermilk
- 0.3 cup butter melted
- 3 teaspoons vanilla
- 1 eggs
- 1 cup apples dried coarsely chopped
- 1 serving cool whip frozen thawed

## Equipment

- bowl
- baking paper
- whisk
- toothpicks
- slow cooker

## Directions

- Spray 5-quart slow cooker with cooking spray.
- Place 2 (30-inch-long) strips of cooking parchment paper in X pattern in bottom and up side of slow cooker; line bottom of slow cooker with cooking parchment paper. Spray paper with cooking spray.
- In medium bowl, stir together flour, brown sugar, cinnamon, baking soda, baking powder, salt, nutmeg and cloves with whisk. In small bowl, mix applesauce, buttermilk, melted butter, vanilla and egg.
- Add applesauce mixture to flour mixture, stirring until smooth. Stir in dried apples.
- Pour batter into slow cooker and spread in even layer.
- Cover; cook on High heat setting 1 hour to 1 hour 30 minutes or until puffed and toothpick inserted in center comes out clean.
- Cut into wedges.
- Serve warm; top with whipped topping.

## Nutrition Facts

PROTEIN 6.86% FAT 29.5% CARBS 63.64%

## Properties

Glycemic Index:44.38, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:5.4269565188366%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 212.64kcal (10.63%), Fat: 6.95g (10.7%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 32.2g (11.71%), Sugar: 14.26g (15.85%), Cholesterol: 36.9mg (12.3%), Sodium: 304.37mg (13.23%), Alcohol: 0.52g (100%), Alcohol %: 0.62% (100%), Protein: 3.64g (7.27%), Selenium: 10.31µg (14.73%), Vitamin B1: 0.2mg (13.54%), Manganese: 0.27mg (13.53%), Folate: 47.84µg (11.96%), Vitamin B2: 0.18mg (10.52%), Iron: 1.41mg (7.83%), Vitamin B3: 1.46mg (7.32%), Fiber: 1.57g (6.28%), Phosphorus: 56.37mg (5.64%), Calcium: 49.14mg (4.91%), Vitamin A: 242.96IU (4.86%), Copper: 0.06mg (3.01%), Potassium: 104.4mg (2.98%), Vitamin B5: 0.27mg (2.69%), Magnesium: 10.19mg (2.55%), Vitamin E: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.31mg (2.07%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.24µg (1.6%), Vitamin C: 1.04mg (1.26%), Vitamin K: 1.27µg (1.21%)