



Slow-Cooker Apple Cake

READY IN



80 min.

SERVINGS



8

CALORIES



222 kcal

DESSERT

Ingredients

- 1 cup apples dried coarsely chopped
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter melted
- 0.3 cup buttermilk
- 0.3 cup t brown sugar dark packed
- 1 eggs
- 1.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon

- 0.1 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 0.3 teaspoon salt
- 1 cup apple sauce unsweetened
- 3 teaspoons vanilla
- 8 servings non-dairy whipped topping 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 **6.78%** ■ FAT **30.55%** ■ CARBS **62.67%**

Properties

Glycemic Index:44.38, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:5.4852173691211%

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: 221.88kcal (11.09%), Fat: 7.52g (11.56%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 33.12g (12.04%), Sugar: 15.23g (16.93%), Cholesterol: 36.9mg (12.3%), Sodium: 307.2mg (13.36%), Alcohol: 0.52g (100%), Alcohol %: 0.6% (100%), Protein: 3.76g (7.51%), Selenium: 10.4µg (14.86%), Vitamin B1: 0.2mg (13.55%), Manganese: 0.27mg (13.53%), Folate: 47.88µg (11.97%), Vitamin B2: 0.18mg (10.56%), Iron: 1.41mg (7.85%), Vitamin B3: 1.47mg (7.33%), Fiber: 1.57g (6.27%), Phosphorus: 59.32mg (5.93%), Calcium: 51.73mg (5.17%), Vitamin A: 245.31IU (4.91%), Potassium: 108.33mg (3.1%), Copper: 0.06mg (3.03%), Vitamin B5: 0.27mg (2.69%), Magnesium: 10.46mg (2.62%), Vitamin E: 0.35mg (2.36%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.12µg (1.93%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.41µg (1.35%), Vitamin C: 1.04mg (1.26%)