



Spiced Apple Cake with Eggnog Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



539 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 0.5 cup raisins dried
- ☐ 3 cups accompaniment: eggnog chilled
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon ground allspice

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 cup brown sugar light packed sifted ()
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 4 ounces pecans coarsely chopped
- ☐ 3 golden delicious apples cored peeled cut into 1/2-inch dice (4 cups)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup butter unsalted softened (2 sticks)
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons warm water dark

Equipment

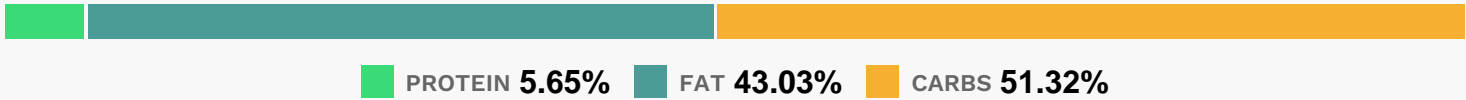
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula
- ☐ skewers
- ☐ kugelhkopf pan

Directions

- ☐ In small bowl, combine raisins and rum.
- ☐ Let stand until raisins plump, about 1 hour.
- ☐ Drain, discarding rum, and set aside.
- ☐ Position rack in middle of oven and preheat to 350°F. Lightly butter bundt pan, then dust with flour, knocking out excess.

- ☐ In large mixing bowl or bowl of electric mixer, sift together flour, baking powder, baking soda, allspice, cinnamon, nutmeg, cloves, and salt.
- ☐ Add brown and granulated sugars, butter, eggs, and vanilla. Using electric mixer, beat on high speed, scraping down sides of bowl with rubber spatula as needed, until batter is pale and smooth, about 3 minutes for handheld mixer or 2 minutes for standing mixer. Stir in apples, pecans, ginger, and raisins. Spoon into prepared pan and smooth top.
- ☐ Bake until wooden pick or skewer inserted in center of cake comes out clean and cake just shrinks from sides of pan, about 1 hour. Cool cake in pan on rack 10 minutes, then invert and unmold onto rack and cool completely. (Cake can be made up to 3 days ahead and stored at room temperature, wrapped tightly in plastic wrap.)
- ☐ Just before serving, sift confectioner's sugar over cake.
- ☐ Serve accompanied by eggnog.
- ☐ Test-Kitchen Tips
- ☐ •Even if your bundt pan is nonstick, it's a good idea to butter and flour it to help the cake unmold smoothly. •Golden Delicious apples are sweet and hold their shape nicely when cooked. Do not substitute Granny Smith apples in this recipe, as they are too tart and have a gray color when baked.

Nutrition Facts



Properties

Glycemic Index:35.34, Glycemic Load:27.78, Inflammation Score:-5, Nutrition Score:11.030869618706%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 539.04kcal (26.95%), Fat: 26.47g (40.72%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 71.03g (23.68%), Net Carbohydrates: 68.03g (24.74%), Sugar: 51.46g (57.17%), Cholesterol: 124.64mg (41.55%), Sodium: 239.47mg (10.41%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 7.82g (15.64%), Manganese: 0.68mg (34.07%), Selenium: 14.48µg (20.69%), Vitamin B2: 0.32mg (18.62%), Vitamin B1: 0.26mg (17.51%), Phosphorus: 161.34mg (16.13%), Calcium: 145.54mg (14.55%), Vitamin A: 702.53IU (14.05%), Folate: 49.04µg (12.26%), Fiber: 3g (12.01%), Iron: 1.84mg (10.23%), Copper: 0.19mg (9.66%), Magnesium: 35mg (8.75%), Vitamin D: 1.3µg (8.64%), Potassium: 267.52mg (7.64%), Vitamin B3: 1.52mg (7.63%), Zinc: 1.09mg (7.23%), Vitamin B12: 0.43µg (7.15%), Vitamin B5: 0.71mg (7.14%), Vitamin E: 1.04mg (6.96%), Vitamin B6: 0.11mg (5.59%), Vitamin C: 3.24mg (3.92%), Vitamin K: 3.44µg (3.28%)