



Spiced Apple Cake with Maple Glaze

 Vegetarian

READY IN



155 min.

SERVINGS



16

CALORIES



297 kcal

DESSERT

Ingredients

- 3 cups apples peeled chopped (3 medium)
- 3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 2 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 0.3 teaspoon ground cloves

- 2 cups brown sugar packed
- 1 cup vegetable oil
- 4 eggs
- 1 teaspoon vanilla
- 1.5 cups powdered sugar
- 3 tablespoons whipping cream
- 0.3 teaspoon peppermint flavoring

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Generously grease 12-cup fluted tube cake pan with shortening; lightly flour.
- In medium bowl, toss apples with 2 tablespoons of the flour. In another medium bowl, mix baking powder, baking soda, salt, cinnamon, nutmeg, cloves and remaining flour. In large bowl, beat brown sugar, oil, eggs and vanilla with electric mixer on medium speed until mixed. On low speed, beat in flour mixture just until blended. Stir in apples. Spoon batter into pan.
- Bake 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- In medium bowl, mix all glaze ingredients until smooth and thick.
- Drizzle glaze over cake.

Nutrition Facts



■ PROTEIN 5.31% ■ FAT 15.2% ■ CARBS 79.49%

Properties

Glycemic Index:17.13, Glycemic Load:13.87, Inflammation Score:-2, Nutrition Score:5.6752173952434%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 297.03kcal (14.85%), Fat: 5.09g (7.82%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 59.84g (19.95%), Net Carbohydrates: 58.49g (21.27%), Sugar: 40.36g (44.84%), Cholesterol: 44.1mg (14.7%), Sodium: 158.52mg (6.89%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4g (7.99%), Selenium: 11.82µg (16.88%), Vitamin B1: 0.19mg (12.89%), Manganese: 0.25mg (12.71%), Folate: 49.22µg (12.31%), Vitamin B2: 0.18mg (10.59%), Iron: 1.57mg (8.71%), Vitamin B3: 1.45mg (7.26%), Phosphorus: 58.22mg (5.82%), Vitamin K: 5.84µg (5.56%), Fiber: 1.35g (5.41%), Calcium: 53.46mg (5.35%), Vitamin B5: 0.33mg (3.3%), Copper: 0.06mg (3.19%), Potassium: 106.86mg (3.05%), Vitamin E: 0.43mg (2.86%), Magnesium: 10.76mg (2.69%), Vitamin B6: 0.05mg (2.58%), Vitamin A: 114.25IU (2.29%), Zinc: 0.34mg (2.26%), Vitamin D: 0.26µg (1.77%), Vitamin B12: 0.1µg (1.71%), Vitamin C: 1.11mg (1.34%)