

# COOK BOOK

## Teddie's Apple Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



588 kcal

DESSERT

## Ingredients

- ☐ 3 cups thickly apples cored peeled sliced
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups corn oil
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

## Equipment

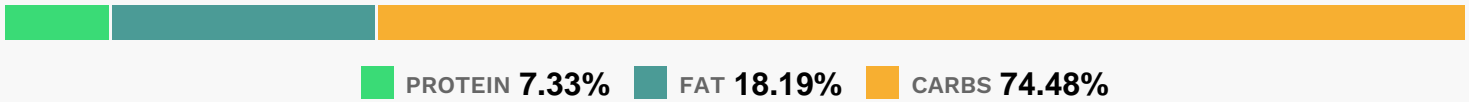
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil

## Directions

- ☐ Heat the oven to 350 degrees. Butter and flour a 9-inch tube pan. Sift together the flour, salt, cinnamon, and baking soda.
- ☐ Beat the oil and sugar together in a mixer with a paddle (or in a bowl with a hand mixer) for 5 minutes.
- ☐ Add the eggs and beat until the mixture is creamy. Stir in the dry ingredients.
- ☐ Add the vanilla, apples, walnuts, and raisins and stir until combined.
- ☐ Turn the batter into the prepared pan.
- ☐ Bake for 1 hour and 15 minutes, or until a toothpick inserted in the center comes out clean. Cool in the pan before turning out.
- ☐ Serve with vanilla ice cream, if desired.
- ☐ If mixing the batter in a mixer, use a paddle attachment and turn the speed to low once you add the flour mixture, or the texture of the cake will be tough. Even better, mix the rest by hand.
- ☐ The recipe called for Red Delicious or McIntosh apples, but I'd recommend a variety that's brighter in flavor and firmer in texture, such as a Honeycrisp, Macoun, or Granny Smith.
- ☐ The apple slices can be halved if you want a more uniform texture.

- ☐ This cake can be eaten at any time of day, including breakfast. If you serve it for dessert, the recipe suggested a scoop of vanilla ice cream on the side. I prefer to whip 1/2 cup of heavy cream to soft peaks, then fold in crème fraîche to taste.
- ☐ "I most recently baked this cake for Thanksgiving 200
- ☐ There was a small piece left over and several days later (it keeps beautifully), I wrapped it in aluminum foil and took it to NYC for my son and daughter-in-law. He took it from me and started looking around his kitchen. When I questioned him, he said he had to hide it from his wife."
- ☐ Rochelle Rogers-Lippin, Huntington, NY, letter
- ☐ SEPTEMBER 30, 1973: "JUST DESSERTS," BY JEAN HEWITT. RECIPE BY TEDDIE.—1973
- ☐ Reprinted from THE ESSENTIAL NEW YORK TIMES COOKBOOK by Amanda Hesser.  
Compilation copyright (c) 2010 by The New York Times Company and Amanda Hesser.  
Recipes and reprinted text copyright (c) 2010 by The New York Times Company. Used with permission of the publisher, W.W. Norton & Company, Inc.

## Nutrition Facts



### Properties

Glycemic Index:38.24, Glycemic Load:71.79, Inflammation Score:-9, Nutrition Score:16.753913138224%

### Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

### Nutrients (% of daily need)

Calories: 587.51kcal (29.38%), Fat: 12.3g (18.92%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 113.26g (37.75%), Net Carbohydrates: 107.16g (38.97%), Sugar: 55.42g (61.58%), Cholesterol: 69.75mg (23.25%), Sodium: 477.49mg (20.76%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 11.15g (22.31%), Manganese: 1.02mg (50.99%), Vitamin A: 1863.09IU (37.26%), Vitamin B1: 0.5mg (33.02%), Selenium: 22.92µg (32.74%), Folate: 120.79µg (30.2%),

Vitamin B2: 0.42mg (24.91%), Fiber: 6.1g (24.4%), Iron: 3.83mg (21.26%), Copper: 0.42mg (20.88%), Vitamin B3: 3.62mg (18.11%), Phosphorus: 177.43mg (17.74%), Magnesium: 51.86mg (12.96%), Potassium: 415.44mg (11.87%), Vitamin B6: 0.22mg (10.88%), Vitamin C: 6.88mg (8.34%), Zinc: 1.24mg (8.25%), Vitamin B5: 0.67mg (6.7%), Calcium: 51.52mg (5.15%), Vitamin E: 0.42mg (2.78%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Vitamin K: 1.7µg (1.62%)