

Vegan Apple Cake

READY IN



60 min.

SERVINGS



9

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour whole wheat (I used Pastry Flour)
- ☐ 3 cups apples diced grated peeled (I it)
- ☐ 1 teaspoon baking soda
- ☐ 3 tablespoons butter softened (I used Earth Balance – 4 teaspoons)
- ☐ 1.5 teaspoons ener-g (in place of 1 Egg)
- ☐ 0.5 teaspoon ground cinnamon (I used)
- ☐ 0.5 teaspoon ground nutmeg (I did not use)
- ☐ 9 servings whipped cream/ice cream as needed (Optional)
- ☐ 0.3 cup nuts chopped (I used)

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons soy milk (if using Ener-G)
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

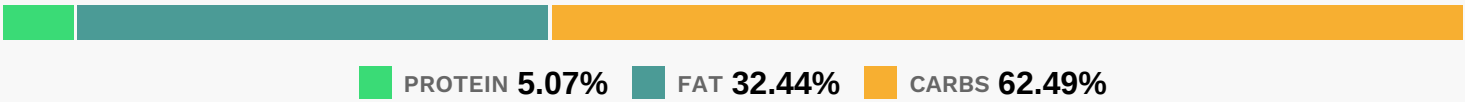
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven at 350F for 15 minutes. Grease an 8-inch square baking dish. In a large mixing bowl, cream butter and sugar until light and fluffy. Since the quantity of butter is very less, the creamed mixture was dry and resembled coarse crumbs. In a blender/food processor blend together Ener-G, water, soy milk and vanilla extract until nice and foamy.
- ☐ Add the Ener-G mixture to the creamed butter/sugar and beat everything together with the hand mixer until thoroughly combined. This mixture looks creamy like a white sauce. In another bowl combine the flour, baking soda, salt, cinnamon and nutmeg (if using).
- ☐ Add this to the wet ingredients. The batter will be thick. Stir in apples and nuts.
- ☐ Mix it thoroughly.
- ☐ Spread the batter in the prepared pan and bake for 35–45 minutes or until a toothpick inserted near the center comes out with just a few crumbs. Mine was done around 38 minutes. You can also see that the cake starts pulling from the edges. This cake can be sliced directly from the pan while its still warm, so no need to wait for the pan to cool to invert it and

then slice it.

Nutrition Facts



Properties

Glycemic Index:37.28, Glycemic Load:13.69, Inflammation Score:-3, Nutrition Score:5.6460869027221%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 207.36kcal (10.37%), Fat: 7.84g (12.06%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 31.21g (11.35%), Sugar: 21.81g (24.23%), Cholesterol: 14.59mg (4.86%), Sodium: 220.89mg (9.6%), Alcohol: 0.15g (100%), Alcohol %: 0.2% (100%), Protein: 2.75g (5.51%), Manganese: 0.69mg (34.62%), Selenium: 8.75µg (12.5%), Fiber: 2.75g (10.99%), Phosphorus: 70.22mg (7.02%), Magnesium: 26.6mg (6.65%), Copper: 0.13mg (6.4%), Vitamin B1: 0.09mg (6.07%), Vitamin B6: 0.1mg (5.18%), Vitamin B3: 0.91mg (4.55%), Vitamin A: 202.16IU (4.04%), Iron: 0.68mg (3.75%), Calcium: 37.18mg (3.72%), Potassium: 126.18mg (3.61%), Zinc: 0.51mg (3.39%), Vitamin B2: 0.06mg (3.34%), Vitamin E: 0.47mg (3.12%), Folate: 12.31µg (3.08%), Vitamin C: 2.33mg (2.82%), Vitamin K: 1.73µg (1.65%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.08µg (1.32%)