



Vegan Cocoa Apple Cake



Vegetarian



Vegan



Dairy Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 1 cup & apples into pieces diced cored peeled (1 medium)
- ☐ 0.3 cup apple sauce unsweetened dry (measuring cup)
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup cocoa powder
- ☐ 0.8 cup granulated sugar (See My Notes)
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 tablespoon oil (I used canola)
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1.5 cups pastry flour whole wheat

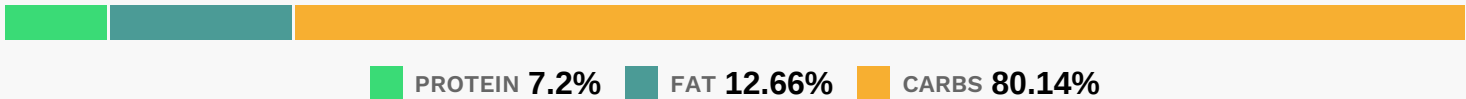
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat oven to 350F/180C for 15 Mins. Lightly grease and line the cake tin with parchment paper. Spray the paper with non stick cooking spray as well.In a medium size bowl sift together the flour, cocoa powder, baking soda and salt. Break the lumps in baking soda if any and mix it well with the flour.In another bowl mix together the water, applesauce, oil, lemon juice and vanilla extract.
- ☐ Pour the wet ingredients over the dry mixture and stir until just moistened.Fold in the apples and sugar into the batter and pour it in the prepared pan.
- ☐ Bake it for 30–35 minutes or until a toothpick inserted in the center of the cake comes out clean. I checked mine after 30 minutes and it was done perfectly.

Nutrition Facts



Properties

Glycemic Index:12.76, Glycemic Load:13.66, Inflammation Score:-3, Nutrition Score:7.4252174781716%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg,

Epigallocatechin: 0.04mg Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg
Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg,
Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol:
0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg 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:
1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 183.19kcal (9.16%), Fat: 2.78g (4.27%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 39.55g (13.18%), Net
Carbohydrates: 35.69g (12.98%), Sugar: 21.27g (23.64%), Cholesterol: 0mg (0%), Sodium: 285.18mg (12.4%),
Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.56g (7.11%), Manganese:
1.03mg (51.4%), Selenium: 14.43µg (20.61%), Fiber: 3.86g (15.45%), Magnesium: 45.64mg (11.41%), Copper: 0.21mg
(10.35%), Phosphorus: 102.23mg (10.22%), Vitamin B1: 0.12mg (7.99%), Iron: 1.23mg (6.84%), Vitamin B3: 1.2mg
(5.99%), Zinc: 0.78mg (5.22%), Vitamin B6: 0.1mg (5.18%), Potassium: 146.68mg (4.19%), Vitamin E: 0.51mg (3.4%),
Vitamin B2: 0.05mg (3.18%), Folate: 11.58µg (2.9%), Vitamin K: 2.12µg (2.02%), Vitamin B5: 0.16mg (1.56%), Calcium:
13.59mg (1.36%), Vitamin C: 1.04mg (1.26%)