



Washington Apple Cake

READY IN



145 min.

SERVINGS



25

CALORIES



142 kcal

DESSERT

Ingredients

- 0.5 cup knudsen cream sour divided
- 4 eggs
- 1 lb granny smith apples peeled coarsely chopped (3)
- 1 tsp ground cinnamon
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup oil
- 0.8 cup powdered sugar
- 0.7 cup water
- 1 tsp water

1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Beat first 6 ingredients and 1/2 cup sour cream in large bowl with mixer until blended. Stir in apples.
- Pour into greased and floured 10-inch tube pan or 12-cup fluted tube pan.
- Bake 1 hour to 1 hour 5 min. or until toothpick inserted near center comes out clean. Cool cake in pan 15 min. Loosen cake from sides of pan with knife. Invert cake onto wire rack; gently remove pan. Cool cake completely.
- Whisk sugar, 1 tsp. water and remaining sour cream until blended; drizzle over cake.
- Let stand until glaze is firm.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:2.7369565315869%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 141.51kcal (7.08%), Fat: 3.08g (4.74%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 26.33g (9.57%), Sugar: 17.6g (19.56%), Cholesterol: 28.9mg (9.63%), Sodium: 187.05mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Phosphorus: 83.68mg (8.37%), Vitamin B2: 0.09mg (5.51%), Calcium: 54.78mg (5.48%), Folate: 18.2µg (4.55%), Selenium: 3.01µg (4.3%), Vitamin B1: 0.05mg (3.64%), Manganese: 0.07mg (3.35%), Iron: 0.59mg (3.29%), Vitamin E: 0.47mg (3.16%), Fiber: 0.76g (3.05%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.21mg (2.1%), Vitamin B6: 0.04mg (1.87%), Vitamin K: 1.76µg (1.68%), Vitamin B12: 0.09µg (1.55%), Vitamin A: 76.78IU (1.54%), Copper: 0.03mg (1.41%), Potassium: 45.89mg (1.31%), Zinc: 0.17mg (1.15%), Magnesium: 4.41mg (1.1%), Vitamin C: 0.88mg (1.07%)