



White Cookie Cake

READY IN



90 min.

SERVINGS



10

CALORIES



662 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1.8 cups coconut or flaked
- ☐ 5 eggs
- ☐ 1 cup butter
- ☐ 0.3 cup milk
- ☐ 12 ounce vanilla wafers crushed
- ☐ 1 cup walnuts chopped
- ☐ 1.7 cups sugar white

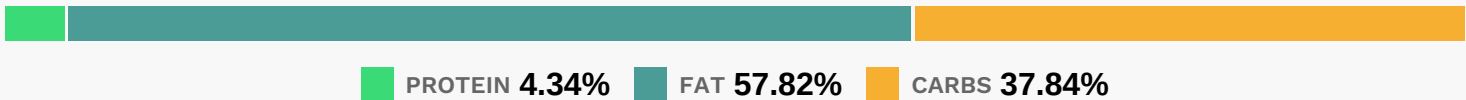
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C). Grease and flour a 10 inch tube pan.
- ☐ In a large bowl cream the margarine and sugar. Beat in eggs one at a time.
- ☐ Mix in the crushed cookies, and coconut alternately with the milk. Stir in the applesauce.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 1 hour, or until the top springs back when lightly touched.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:42.36, Inflammation Score:-6, Nutrition Score:10.013043498215%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 662.31kcal (33.12%), Fat: 43.89g (67.52%), Saturated Fat: 15.8g (98.74%), Carbohydrates: 64.62g (21.54%), Net Carbohydrates: 60.87g (22.13%), Sugar: 46.46g (51.62%), Cholesterol: 83.16mg (27.72%), Sodium: 391.34mg (17.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.83%), Manganese: 0.82mg (40.86%), Vitamin A: 948.06IU (18.96%), Copper: 0.32mg (16.22%), Fiber: 3.75g (15.01%), Selenium: 10.45µg (14.93%), Phosphorus: 142.71mg (14.27%), Vitamin B2: 0.24mg (14.06%), Vitamin B1: 0.21mg (13.93%), Folate: 53.49µg (13.37%), Magnesium: 36.35mg (9.09%), Vitamin B6: 0.15mg (7.68%), Vitamin E: 1.1mg (7.31%), Iron: 1.25mg (6.94%), Zinc: 0.98mg (6.55%), Potassium: 218.22mg (6.23%), Vitamin B5: 0.57mg (5.75%), Vitamin B3: 1.14mg (5.7%), Calcium: 45.04mg (4.5%), Vitamin B12: 0.26µg (4.37%), Vitamin D: 0.53µg (3.53%)