

Apple Cake IV

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Servings: 16

1 cup (two sticks) butter, softened
2 cups sugar
4 eggs
2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons cinnamon
6 cups unpeeled Granny Smith apples
(or any tart, firm apples like Fuji or
Gala), coarsely chopped

Preheat the oven to 350 degrees.

Butter a Bundt pan.

In the bowl of an electric mixer, combine the butter and sugar. Beat on low speed until creamy. Add the eggs, one at a time. Continue to blend. Slowly add the flour, baking powder, baking soda and cinnamon. Mix well.

Add apples and mix with a spoon. Pour into the prepared pan.

Bake about 60 minutes, until a knife inserted in the center comes out clean. Let cool completely before removing from the pan.

Sprinkle with powdered sugar, if desired.

Per Serving (excluding unknown items): 224 Calories; 7g Fat (28.4% calories from fat); 3g Protein; 37g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 295mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	224	Vitamin B6 (mg):	trace
% Calories from Fat:	28.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	65.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	30mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg

Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 69mg
Carbohydrate (g): 37g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 295mg
Potassium (mg): 37mg
Calcium (mg): 48mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 278IU
Vitamin A (r.e.): 71RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 224 **Calories from Fat:** 64

% Daily Values*

Total Fat 7g			11%
Saturated Fat 4g			20%
Cholesterol 69mg			23%
Sodium 295mg			12%
Total Carbohydrates 37g			12%
Dietary Fiber 1g			2%
Protein 3g			

Vitamin A			6%
Vitamin C			0%
Calcium			5%
Iron			6%

* Percent Daily Values are based on a 2000 calorie diet.