

Chunky Apple Cake with Cream Cheese Frosting

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Servings: 12

1/2 cup butter, melted
2 cups sugar
2 large eggs
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons ground cinnamon
4 Granny Smith apples, peeled and sliced
1 cup chopped walnuts, toasted
1 container prepared cream cheese frosting
chopped walnuts, toasted (for garnish) (optional)

Preheat the oven to 350 degrees.

In a large bowl, stir together the butter, sugar, eggs and vanilla extract until blended.

In a bowl, combine the flour, baking soda, salt and cinnamon. Add to the butter mixture, stirring until blended.

Stir in the apple slices and chopped walnuts. Spread the batter in a greased 13x9-inch pan.

Bake for 45 minutes or until a wooden pick inserted in the center comes out clean. Cool completely in the pan on a wire rack.

Spread the cream cheese frosting over the top. Sprinkle with toasted walnuts, if desired.

Per Serving (excluding unknown items): 371 Calories; 15g Fat (34.6% calories from fat); 6g Protein; 56g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 374mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	371	Vitamin B6 (mg):	.1mg
% Calories from Fat:	34.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	59.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 15g
Saturated Fat (g): 5g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 56mg
Carbohydrate (g): 56g
Dietary Fiber (g): 2g
Protein (g): 6g
Sodium (mg): 374mg
Potassium (mg): 148mg
Calcium (mg): 24mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 382IU
Vitamin A (r.e.): 88 1/2RE

Folacin (mcg): 44mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 1
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 371 **Calories from Fat:** 128

% Daily Values*

Total Fat	15g	23%
Saturated Fat	5g	27%
Cholesterol	56mg	19%
Sodium	374mg	16%
Total Carbohydrates	56g	19%
Dietary Fiber	2g	9%
Protein	6g	
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Vitamin A		8%
Vitamin C		4%
Calcium		2%
Iron		9%

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