

# Vermont Apple Breakfast Cake

*The Inn at Woodchuck Hill Farm - Grafton, VT  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 10

2 cups flour  
1 cup sugar  
2 teaspoons baking powder  
1 teaspoon salt  
2/3 cup vegetable oil  
1 cup milk  
2 eggs  
2 to 3 cups sliced apples  
1/2 cup sugar mixed with 1  
teaspoon cinnamon

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Preheat the oven to 350 degrees.

In a bowl, combine the flour, sugar, baking powder, salt, vegetable oil, milk and eggs. Beat for 3 minutes.

Pour into a greased and floured 13x9-inch pan. Arrange the apple slices on top of the batter. Sprinkle with the sugar/cinnamon mixture.

Bake for 40 to 50 minutes.

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Per Serving (excluding unknown items): 339 Calories; 17g Fat (43.4% calories from fat); 5g Protein; 44g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 337mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.

Breakfast

## Per Serving Nutritional Analysis

|                                |       |                       |       |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal):               | 339   | Vitamin B6 (mg):      | trace |
| % Calories from Fat:           | 43.4% | Vitamin B12 (mcg):    | .2mcg |
| % Calories from Carbohydrates: | 51.2% | Thiamin B1 (mg):      | .2mg  |
| % Calories from Protein:       | 5.5%  | Riboflavin B2 (mg):   | .2mg  |
| Total Fat (g):                 | 17g   | Folacin (mcg):        | 13mcg |
| Saturated Fat (g):             | 3g    | Niacin (mg):          | 2mg   |
| Monounsaturated Fat (g):       | 9g    | Caffeine (mg):        | 0mg   |
| Polyunsaturated Fat (g):       | 3g    | Alcohol (kcal):       | 0     |
| Cholesterol (mg):              | 46mg  | % Refuse:             | n n%  |
| Carbohydrate (g):              | 44g   |                       |       |
| Dietary Fiber (g):             | 1g    | <b>Food Exchanges</b> |       |
|                                |       | Grain (Starch):       | 1 1/2 |

**Protein (g):** 5g  
**Sodium (mg):** 337mg  
**Potassium (mg):** 103mg  
**Calcium (mg):** 95mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 91IU  
**Vitamin A (r.e.):** 24 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 1 1/2

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

**Calories** 339 **Calories from Fat:** 147

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#### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 17g   | 25% |
| Saturated Fat              | 3g    | 13% |
| <b>Cholesterol</b>         | 46mg  | 15% |
| <b>Sodium</b>              | 337mg | 14% |
| <b>Total Carbohydrates</b> | 44g   | 15% |
| Dietary Fiber              | 1g    | 5%  |
| <b>Protein</b>             | 5g    |     |

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|                  |     |
|------------------|-----|
| <b>Vitamin A</b> | 2%  |
| <b>Vitamin C</b> | 2%  |
| <b>Calcium</b>   | 10% |
| <b>Iron</b>      | 8%  |

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