

Apple Cake II

Helen Medeiros and Joyce Stockwell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

3 cups apples (McIntosh or Granny Smith), diced
1 cup walnuts
2 teaspoons vanilla
1 teaspoon cinnamon
3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
2 cups sugar
1 1/4 cups vegetable oil
3 eggs

Preheat the oven to 325 degrees.

Lightly grease a Bundt or tube pan.

In a bowl, mix the apples, walnuts, vanilla and cinnamon.

In a separate bowl, sift together the flour, baking soda and salt.

In a large bowl, beat together the sugar, oil and eggs, Add the flour mixture and beat until combined. Fold in the apple mixture. Pour into the prepared pan.

Bake for one hour and 30 minutes or until a tester comes out clean when inserted in the center.

Allow the cake to fully cool in the pan, about one hour.

Turn the cake onto a serving plate.

Per Serving (excluding unknown items): 6334 Calories; 362g Fat (50.6% calories from fat); 88g Protein; 706g Carbohydrate; 18g Dietary Fiber; 636mg Cholesterol; 3614mg Sodium. Exchanges: 20 Grain(Starch); 6 1/2 Lean Meat; 67 1/2 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

6334

Vitamin B6 (mg):

1.1mg

% Calories from Fat:	50.6%
% Calories from Carbohydrates:	43.9%
% Calories from Protein:	5.5%
Total Fat (g):	362g
Saturated Fat (g):	41g
Monounsaturated Fat (g):	183g
Polyunsaturated Fat (g):	108g
Cholesterol (mg):	636mg
Carbohydrate (g):	706g
Dietary Fiber (g):	18g
Protein (g):	88g
Sodium (mg):	3614mg
Potassium (mg):	1277mg
Calcium (mg):	253mg
Iron (mg):	25mg
Zinc (mg):	9mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	1108IU
Vitamin A (r.e.):	248RE

Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	3.3mg
Riboflavin B2 (mg):	2.7mg
Folacin (mcg):	732mcg
Niacin (mg):	23mg
Caffeine (mg):	0mg
Alcohol (kcal):	25
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	20
Lean Meat:	6 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	67 1/2
Other Carbohydrates:	27

Nutrition Facts

Amount Per Serving

Calories 6334 Calories from Fat: 3206

% Daily Values*

Total Fat	362g	557%
Saturated Fat	41g	207%
Cholesterol	636mg	212%
Sodium	3614mg	151%
Total Carbohydrates	706g	235%
Dietary Fiber	18g	70%
Protein	88g	
Vitamin A		22%
Vitamin C		8%
Calcium		25%
Iron		139%

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