

Apple Cake with Warm Caramel Sauce

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Lacare Art League - Hammond, IN (1986)

1/4 cup butter or margarine
3/4 cup sugar
1 egg
1 cup + 2 tablespoons all-purpose flour
1/4 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 1/2 cups apples, pared and diced
1 tablespoon cream
SAUCE
1 cup brown sugar
2 teaspoons cornstarch
1 cup water
1/4 cup butter or margarine
2 teaspoons vanilla

Preheat the oven to 350 degrees.

Cream the butter and sugar until fluffy. Add the egg and beat well.

Add the dry ingredients.

Stir in the apples and cream.

Spread in a greased 9-inch pan,

Bake for 30 minutes.

Make the sauce: Mix sugar with cornstarch. Add the water. Cook, stirring constantly, until thick and clear. Add the butter and vanilla, mixing well.

Serve the sauce warm over the apple cake.

Per Serving (excluding unknown items): 2653 Calories; 103g Fat (34.3% calories from fat); 21g Protein; 421g Carbohydrate; 9g Dietary Fiber; 473mg Cholesterol; 2872mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Fruit; 19 1/2 Fat; 19 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2653	Vitamin B6 (mg):	.2mg
% Calories from Fat:	34.3%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	62.6%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	103g	Folacin (mcg):	227mcg

Saturated Fat (g): 62g
Monounsaturated Fat (g): 30g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 473mg
Carbohydrate (g): 421g
Dietary Fiber (g): 9g
Protein (g): 21g
Sodium (mg): 2872mg
Potassium (mg): 950mg
Calcium (mg): 245mg
Iron (mg): 11mg
Zinc (mg): 2mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 3944IU
Vitamin A (r.e.): 972RE

Niacin (mg): 8mg
Caffeine (mg): 0mg
Alcohol (kcal): 25
% Refused: n n%

Food Exchanges

Grain (Starch): 6 1/2
Lean Meat: 1
Vegetable: 0
Fruit: 1 1/2
Non-Fat Milk: 0
Fat: 19 1/2
Other Carbohydrates: 19 1/2

Nutrition Facts

Amount Per Serving

Calories 2653 **Calories from Fat:** 911

% Daily Values*

Total Fat 103g	158%
Saturated Fat 62g	308%
Cholesterol 473mg	158%
Sodium 2872mg	120%
Total Carbohydrates 421g	140%
Dietary Fiber 9g	34%
Protein 21g	
Vitamin A	79%
Vitamin C	16%
Calcium	25%
Iron	59%

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