

# Apple Cake

*Patty Smith*

*St. Mary's Home & School Association - Griffith, IN (1978)*

4 cups apples, peeled and chopped  
3 eggs  
1 3/4 cups sugar  
1 cup cooking oil  
2 cups flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon cinnamon (optional)  
dash salt  
1 cup chopped nuts (optional)

Preheat the oven to 350 degrees.

Blend the eggs, sugar and oil.

Add the dry ingredients and mix.

Put in the apples and nuts.

Place the mixture in a greased and floured  
13x9-inch baking pan.

Bake for one hour.

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Per Serving (excluding unknown items): 4677 Calories; 237g Fat (44.8% calories from fat); 46g Protein; 610g Carbohydrate; 19g Dietary Fiber; 636mg Cholesterol; 1965mg Sodium. Exchanges: 12 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 1/2 Fruit; 45 Fat; 23 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	4677	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	44.8%	<b>Vitamin B12 (mcg):</b>	1.9mcg
<b>% Calories from Carbohydrates:</b>	51.3%	<b>Thiamin B1 (mg):</b>	2.1mg
<b>% Calories from Protein:</b>	3.8%	<b>Riboflavin B2 (mg):</b>	2.0mg
<b>Total Fat (g):</b>	237g	<b>Folacin (mcg):</b>	149mcg
<b>Saturated Fat (g):</b>	34g	<b>Niacin (mg):</b>	15mg
<b>Monounsaturated Fat (g):</b>	58g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	132g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	636mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	610g		
<b>Dietary Fiber (g):</b>	19g		

## Food Exchanges

Grain (Starch): 12 1/2

**Protein (g):** 46g  
**Sodium (mg):** 1965mg  
**Potassium (mg):** 984mg  
**Calcium (mg):** 420mg  
**Iron (mg):** 16mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 25mg  
**Vitamin A (i.u.):** 966IU  
**Vitamin A (r.e.):** 233 1/2RE

**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 4 1/2  
**Non-Fat Milk:** 0  
**Fat:** 45  
**Other Carbohydrates:** 23 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 4677 Calories from Fat: 2097

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### % Daily Values\*

<b>Total Fat</b>	237g		364%
	Saturated Fat	34g	168%
<b>Cholesterol</b>	636mg		212%
<b>Sodium</b>	1965mg		82%
<b>Total Carbohydrates</b>	610g		203%
	Dietary Fiber	19g	77%
<b>Protein</b>	46g		
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<b>Vitamin A</b>			19%
<b>Vitamin C</b>			42%
<b>Calcium</b>			42%
<b>Iron</b>			88%

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