

Applesauce Cake

What's Cooking II

North American Institute of Modern Cuisine

Servings: 8

1 3/4 cups apple sauce
1 cup sugar
1 cup mayonnaise
1/2 cup milk
1 teaspoon vanilla extract
3 cups all-purpose flour
2 teaspoons baking soda
1/2 teaspoon salt
2 teaspoons cinnamon
1/2 teaspoon nutmeg
1 cup nuts, chopped
1/2 cup raisins

Preheat the oven to 350 degrees.

Butter and flour a 9-inch cake pan. Set aside.

In a mixer bowl, at low speed, beat the first five ingredients.

In a second bowl, sift together the flour, baking soda, salt, cinnamon and nutmeg. Fold into the first mixture. Increase the speed. Beat for 2 minutes.

Fold in the nuts and raisins. Pour into the pan. Bake in the oven for 30 to 35 minutes or until a knife inserted in the middle comes out clean.

Let cool slightly. Serve warm with ice cream or whipped cream, if desired.

Per Serving (excluding unknown items): 614 Calories; 34g Fat (48.6% calories from fat); 9g Protein; 73g Carbohydrate; 4g Dietary Fiber; 12mg Cholesterol; 616mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	614	Vitamin B6 (mg):	.2mg
% Calories from Fat:	48.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	45.8%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	34g	Folacin (mcg):	90mcg
Saturated Fat (g):	5g	Niacin (mg):	4mg

Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	12mg
Carbohydrate (g):	73g
Dietary Fiber (g):	4g
Protein (g):	9g
Sodium (mg):	616mg
Potassium (mg):	258mg
Calcium (mg):	62mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	102IU
Vitamin A (r.e.):	22RE

Caffeine (mg):	0mg
Alcohol (kcal):	2
% Refuse:	n n%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 614	Calories from Fat: 298
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% Daily Values*

Total Fat 34g	53%
Saturated Fat 5g	26%
Cholesterol 12mg	4%
Sodium 616mg	26%
Total Carbohydrates 73g	24%
Dietary Fiber 4g	15%
Protein 9g	
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Vitamin A	2%
Vitamin C	1%
Calcium	6%
Iron	18%

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