

# Chocolate Chip Applesauce Cake

*The Fairfield Inn - Fairfield, PA  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 12

*1 1/2 cups sugar  
1/2 cup vegetable oil  
2 eggs  
2 cups applesauce  
2 cups flour  
1 1/2 teaspoons baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
2 tablespoons unsweetened cocoa powder*  
**TOPPING**  
*2 tablespoons sugar  
1/2 cup chopped nuts  
1 cup semisweet chocolate chips*

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Preheat the oven to 350 degrees.

In a bowl, cream the sugar, oil and eggs. Add the applesauce. Then add the flour, baking soda, salt, cinnamon and cocoa. Pour the batter into a greased and floured 13x9-inch pan.

In a bowl, combine the sugar, nuts and chocolate chips. Sprinkle over the batter.

Bake for 40 minutes.

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Per Serving (excluding unknown items): 411 Calories; 18g Fat (37.4% calories from fat); 5g Protein; 62g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 262mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	411	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	37.4%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	57.9%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	4.7%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	18g	<b>Folacin (mcg):</b>	15mcg
<b>Saturated Fat (g):</b>	4g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	11mg
		<b>Alcohol (kcal):</b>	0

<b>Polyunsaturated Fat (g):</b>	3g
<b>Cholesterol (mg):</b>	35mg
<b>Carbohydrate (g):</b>	62g
<b>Dietary Fiber (g):</b>	3g
<b>Protein (g):</b>	5g
<b>Sodium (mg):</b>	262mg
<b>Potassium (mg):</b>	160mg
<b>Calcium (mg):</b>	23mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	76IU
<b>Vitamin A (r.e.):</b>	15RE

**% Daily Values** 0 0%

### Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	1/2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3 1/2
<b>Other Carbohydrates:</b>	2 1/2

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 411 Calories from Fat: 154

### % Daily Values\*

<b>Total Fat</b> 18g	27%
Saturated Fat 4g	22%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 262mg	11%
<b>Total Carbohydrates</b> 62g	21%
Dietary Fiber 3g	11%
<b>Protein</b> 5g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	1%
<b>Calcium</b>	2%
<b>Iron</b>	12%

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