

APPLE CHUNK CAKE

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

& Chinatown Public Health Center, San Francisco Department of Public Health.

<http://www.cdph.ca.gov/programs/cpns/Documents/HealthyChineseCookbook-CPNS.pdf>

Ingredients

- 1 ¼ cups sugar
- ¼ cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. baking soda
- 4 cups diced apple chunks
- ¼ cup applesauce
- 2 cups sliced apple to place on cake

Instructions

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

Makes 12 servings

Cost

Per Recipe: \$ 2.92

Per Serving: \$ 0.24

Nutritional information per serving (12 servings)

Calories: 240

Calories from fat: 50

Total fat: 6g

Saturated fat: 0.5g

Trans fat: 0g

Cholesterol: 30mg

Sodium: 310mg

Total carbohydrate: 45g

Dietary fiber 2g

Sugars: 27g

Protein: 3g

Vitamin A: 2%

Vitamin C: 4%

Calcium: 2%

Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center