

# Apple Chunk Cake

The secret ingredient in this cake is applesauce! It adds moisture and flavor, enabling us to reduce the amount of added sugar (when compared with the original recipe).

Makes: 12 servings

Prep Time: 20 minutes  
Cook Time: 50 minutes

Source: [eatfresh.org/recipe](http://eatfresh.org/recipe)

## Ingredients

- 1 cup sugar
- 1/4 cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 4 cups apples peeled, diced into chunks
- 1/4 cup applesauce
- 2 cups apples peeled, sliced to place on cake top

## Directions

1. Preheat oven to 350° F. In a large bowl, mix sugar, oil and eggs together. Beat well.
2. In a separate bowl, combine flour, salt, cinnamon, and baking soda.
3. Add flour mixture to egg batter and mix well.
4. Add applesauce to the batter. Stir to combine. Then add apple chunks and stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until a toothpick comes out clean, about 40-50 minutes depending on the depth of the baking dish.
6. Place apple slices on top of apple cake and serve.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 piece

Nutrients	Amount
Calories:	239
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	62 mg
Sodium:	308 mg
Total Carbohydrates:	44 g
Dietary Fiber:	1 g
Total Sugars:	20 g
Added Sugars:	15 g
Protein	3 g

## Utensils Needed

- Cutting Board
- Knife
- Oven Mitt
- Vegetable Peeler
- Measuring Spoons
- Measuring Cups
- Baking Dish
- 2 Medium Bowls

# SHOPPING LIST

Average total cost without oil and seasonings: \$12.44

Average cost/serving: \$1.04

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Eggs, 1 Dozen



Add 1 to Cart  
Flour



Add 6 to Cart  
Apples, 6 Medium



Add 1 to Cart  
Applesauce

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- As a rule, half of the amount of fat in a dessert recipe can be replaced with applesauce or a puree of another fruit, such as prune puree. The result is a very moist, low-fat cake.
- You can use any size or shape baking dish, such as a square, rectangle, or even a tube/bundt pan. If you choose a larger dish, start checking the doneness of your cake at about 30 minutes. When a toothpick or cake tester comes out clean, the cake is done. For a moist cake, do not overbake.

### Similar Recipes

- Apple Salad
- Apple Wraps
- Butternut Squash and Apple Soup