

Applesauce Loaf Cake

Yield: 16 servings

- 1/2 cup walnuts (chopped)
- 1 1/2 cup applesauce
- 1 egg
- 1 cup sugar
- 2 tablespoons oil
- 1 teaspoon vanilla extract
- 2 cups flour (all purpose)
- 2 teaspoons baking soda
- 1/2 teaspoon cinnamon (ground)
- 1/2 teaspoon nutmeg (ground)
- 1 cup raisins

1. Wash hands well with soap and warm water.
2. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans.
3. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
4. Mix applesauce, egg, sugar, oil and vanilla in a large bowl.
5. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl.
6. Pour flour mixture into applesauce mixture.
7. Stir in raisins and cooled toasted nuts.
8. Pour half of the batter into each greased pan. Bake for 45-55 minutes.
9. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Cost

Per recipe: \$3.20

Per serving: \$0.20

Nutrition Facts	
Serving Size 1" slice, 1/16 of recipe (72g)	
Servings Per Container 16	
Amount Per Serving	
Calories 200	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Sugars 19g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 13g 20g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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