

Apple Chunk Cake

Makes: 12 servings

Chunks of juicy apples fill this cake and fresh apples decorate the top.

Ingredients

- 1 1/4 cups** sugar
- 1/4 cup** vegetable oil
- 2** egg
- 2 cups** flour
- 1 teaspoon** salt
- 1 teaspoon** cinnamon
- 1 teaspoon** baking soda
- 4 cups** apple (diced, chunks)
- 1/4 cup** applesauce (unsweetened)
- 2 cups** apple (sliced, to place on cake)

Directions

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.

San Francisco Department of Public Health, Chinatown Public Health Center. Healthy & Delicious--Simple Ways to Low Fat Chinese Cooking

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	6 g	9%
Protein	3 g	
Carbohydrates	45 g	15%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	3%
Sodium	310 mg	13%

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