



Holiday Apple Cake



Where service *and savings* matter.

SERVINGS: 20

NUTRITIONALS

Nutritional analysis per serving: :
calories 250, calories from fat 100,
total fat 11g, saturated fat 3g, trans
fat 0g, cholesterol 30mg, sodium
105mg, total carbohydrate 36g,
dietary fiber 1g, sugars 20g, protein
3g, vitamin A 2%, vitamin C 2%,
calcium 2%, iron 6%

INGREDIENTS:

- 3/4 cup (5 1/4 oz) vegetable shortening
- 1 3/4 cups (14 oz) sugar
- 1/4 cup (2 1/4 fl oz) cup unsweetened applesauce
- 3 whole eggs
- 1 tsp baking soda
- 1/2 cup warm water
- 3 cups (15 oz) all-purpose flour
- 3 Granny Smith apples, medium size, peeled and chopped
- 2/3 cup pecans, chopped coarse by hand
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground nutmeg
- 1/2 tsp ground allspice
- 1/4 tsp salt
- 1 tsp vanilla extract
- Sugar sprinkles for garnish, Optional

DIRECTIONS:

1. Cream shortening and sugar; add applesauce and eggs, one at a time, and beat well.
2. Dissolve soda in warm water. Add to shortening mixture. Gradually add all other ingredients. Beat well.
3. Spray 12-cup bundt pan or tube pan with cooking spray.
4. Pour cake batter into prepared pan.
5. Bake at 350°F for 1 hour 15 minutes or until cake tests done. Remove from oven and cool in pan for 10 minutes.
6. Remove from pan and place on cake rack to cool. Sprinkle colored sugar sprinkles on top of cake while hot, if desired for garnish.

Source: Theresa Martin

* Sugar sprinkles not included in nutrition analysis.

FOLD

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