

EASY APPLE CAKE



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK



NUTRITION

354Kcal
Per Serving

CONTAINS



WHEAT



WALNUTS



EGGS



SULPHITES

This recipe serves 10

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (141g)
Energy	1058kJ/251kcal	1492kJ/354kcal
Fat	6.2g	8.8g
of which saturates	0.9g	1.3g
of which monounsaturates	0.8g	1.2g
of which polyunsaturates	3.5g	4.9g
Carbohydrate	43g	60g
of which sugars	26g	37g
of which polyols	0.6g	0.8g
of which starch	16g	22g
Protein	5.1g	7.2g
Salt	0.05g	0.07g
Copper	0.2mg (20%)	0.28mg
Manganese	0.49mg (25%)	0.7mg

EASY APPLE CAKE

Source of:

- Copper
- Manganese

An apple cake provides dietary fibre, natural sweetness, and antioxidants from apples, supporting digestion and sustained energy.



INGREDIENTS

■ 150g butter ■ 150g brown sugar ■ 300g flour ■ 1 teaspoon mixed spice	■ ½ teaspoon nutmeg ■ 200g sultanas or raisins (optional) ■ 4 apples or pears ■ 2 eggs	■ 2 teaspoons baking soda ■ 1 teaspoon cinnamon ■ ½ teaspoon salt ■ 100g chopped walnuts (optional)
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METHOD

- 1 Preheat Oven 180 °C.
- 2 Melt butter and cool.
- 3 Grate apples.
- 4 Add sugar, butter & mix.
- 5 Add egg & mix.
- 6 Stir dry ingredients together add to mixing bowl and stir well.
- 7 Fold in fruit and nuts (omit this stage for IDDSI levels 5 and 6).
- 8 Pour into greased cake tin and bake for 45-60 minutes.
- 9 Remove and cool on rack.
- 10 Before serving, prepare dish to the required IDDSI level.