

Whole Grain Jewish Apple Cake (Pareve)

Yield: 11 min
Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-jewish-apple-cake>

Ingredients:

- 4 apples large 6 small firm, peeled, cored, and thinly sliced
- 3 tablespoons sugar
- 1 tablespoon canela
- 3 cups wheat flour white whole, or a mix of all-purpose and white whole wheat flour
- 1 2/3 cups sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup canola oil mild-flavored, such as expeller-pressed canola, grapeseed, or walnut oil
- 4 large eggs lightly beaten
- 1/2 cup orange juice
- 1 tablespoon pure vanilla extract

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 280 milligrams
9. Sugar: 42 grams

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