



Apple-Cardamom Cake with Apple Cider Icing

Ingredients:

- 2 ¼ cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp ground cardamom
- 2 eggs
- 1 ½ cups sugar
- 1 ½ tsp vanilla extract
- 1 cup unsweetened applesauce
- ½ cup butter
- ½ cup plain Greek yogurt
- 1 ½ tsp lemon zest
- 1 ½ cups peeled and chopped Granny Smith apple, #2 cone

Apple Cider Icing (optional):

- 2 tbsp butter, melted
- 1 ¼ cups confectioners' sugar
- 3 tbsp apple cider

Instructions:

1. Preheat the EOC skillet to 250° (or oven to 350°). Butter and flour the skillet.
2. Sift the flour, baking soda, salt and cardamom together and set aside.
3. Beat the eggs and sugar together on medium-high speed until thick ribbons form when beaters are lifted.
4. Reduce speed to low adding vanilla and applesauce.
5. Add yogurt, lemon zest and ½ cup of melted butter and beat until smooth.
6. Add flour and mix until smooth.
7. Fold in apples.
8. Bake for 20-25 minutes (or transfer into a 9x13 pan and bake for 40 minutes) until toothpick inserted in center of cake tests smooth.

For icing:

1. Stir remaining melted butter, confectioners' sugar and apple cider together in a medium bowl.
2. Drizzle over cooled cake and let icing set before serving.
3. Cut into 16 slices.

Nutritional Information as presented:

1 slice = 1 serving
Serves 16

- Calories: 256.8 kcal
- Fat: 7.8 g
- Saturated Fat: 4.8 g
- Cholesterol: 42.6 mg
- Sodium: 288.4 mg
- Carbohydrates: 44.5 g
- Fiber: 1.0 g
- Sugar: 31.0 g
- Protein: 3.4 g

Compare to cake without icing:

- Calories: 205.1 kcal
- Fat: 6.4 g
- Saturated Fat: 3.9 g
- Cholesterol: 38.7 mg
- Sodium: 277.5 mg
- Carbohydrates: 34.7 g
- Fiber: 1.0 g
- Sugar: 21.6 g
- Protein: 3.3 g

Apple Cider Icing

- Calories: 51.8 kcal
- Fat: 1.4 g
- Saturated Fat: 0.9 g
- Cholesterol: 3.9 mg
- Sodium: 11.0 mg
- Carbohydrates: 9.8 g
- Fiber: 0.0 g
- Sugar: 9.4 g
- Protein: 0.0 g