



## Apple Cake

**Diet types:** CKD Non - Dialysis , Dialysis, Diabetes

**Nutrients per serving:** Calories 368g, Protein 4g, Carbohydrates 52g, Fat 16g, Cholesterol 53mg, Sodium 110mg, Potassium 99mg Phosphorus 72mg, Calcium 67mg, Fiber 1.5g

**Renal and Renal Diabetic Food choices:** 1/2 fruit, low potassium , 1 starch, 3 fat, 1-1/2 high calorie

### PREPARATION

1. Preheat oven to 350° F.
2. Spray tube pan with non-stick cooking spray.
3. Peel, core and cut apples into slices or chunks.
4. Combine cinnamon and 1/3 cup sugar. Mix in apple and set aside.
5. Combine remaining ingredients in a bowl and beat with an electric mixer until smooth.
6. Layer half the cake batter, then the apple, then remaining cake batter in prepared tube pan.
7. Bake for 75 minutes until golden brown or toothpick inserted into the center comes out clean.

**Portions:** 16

**Serving size:** 1/16 cake

**Carbohydrate Choices:** 3-1/2

### INGREDIENTS

6	Medium apples
2 tsp	Cinnamon
2-1/3 cups	Sugar
3 cups	All-purpose white flour
1 cup	Canola oil
4 large	Eggs
1/4 cup	Orange juice
1 tsp	Baking powder
2-1/2tsp	Vanilla extract

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

