



## Apple-Butterscotch Ring Cake

READY IN



75 min.

SERVINGS



8

CALORIES



718 kcal

DESSERT

### Ingredients

- 2.5 cups apples peeled chopped
- 1 cup pecans chopped
- 1 cup butterscotch chips
- 0.5 cup brown sugar packed
- 1 teaspoon apple pie spice
- 0.3 cup butter melted
- 1 box cake mix yellow
- 1 box butterscotch pudding mix instant (4-serving size)
- 1.3 cups water

- 0.5 cup butter softened
- 4 eggs

## Equipment

- bowl
- frying pan
- oven
- hand mixer
- cake form

## Directions

- Heat oven to 325°F. Grease dark nonstick 12-cup fluted tube cake pan with shortening or cooking spray.
- In medium bowl, toss apples, pecans, butterscotch chips, brown sugar, apple pie spice and melted butter. Set aside.
- In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl frequently.
- Pour apple mixture evenly into bottom of pan.
- Pour cake batter evenly over top.
- Bake about 55 minutes or until cake is golden and springs back when lightly touched.
- Place heatproof plate upside down over pan; turn plate and pan over.
- Remove pan. Cool cake slightly before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:11.82956506895%

## Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 718kcal (35.9%), Fat: 31.81g (48.93%), Saturated Fat: 13.99g (87.45%), Carbohydrates: 104.81g (34.94%), Net Carbohydrates: 101.68g (36.97%), Sugar: 72.66g (80.73%), Cholesterol: 129.51mg (43.17%), Sodium: 804.18mg (34.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Manganese: 0.81mg (40.3%), Phosphorus: 292.34mg (29.23%), Calcium: 181.42mg (18.14%), Vitamin B1: 0.26mg (17.24%), Vitamin B2: 0.29mg (17.07%), Folate: 59.29µg (14.82%), Selenium: 9.85µg (14.07%), Vitamin A: 701.24IU (14.02%), Iron: 2.28mg (12.69%), Copper: 0.25mg (12.66%), Fiber: 3.13g (12.52%), Vitamin E: 1.6mg (10.7%), Vitamin B3: 1.74mg (8.69%), Zinc: 1.15mg (7.64%), Vitamin B5: 0.76mg (7.56%), Magnesium: 29.94mg (7.48%), Vitamin B6: 0.14mg (6.95%), Potassium: 186.48mg (5.33%), Vitamin B12: 0.3µg (4.94%), Vitamin K: 4.9µg (4.67%), Vitamin D: 0.44µg (2.93%), Vitamin C: 2.01mg (2.43%)