



## Apple Cider-Caramel Cake

READY IN



45 min.

SERVINGS



18

CALORIES



287 kcal

DESSERT

### Ingredients

- 3 cups cooking apple peeled sliced (such as Braeburn, Rome, or McIntosh)
- 2.3 cups apple cider divided
- 0.5 teaspoon baking soda
- 8 ounce block cream cheese fat-free
- 2.5 tablespoons breadcrumbs dry
- 3 large eggs
- 3 cups flour all-purpose
- 2.3 cups granulated sugar divided
- 6 tablespoons juice of lemon fresh divided

- 1 tablespoon lemon rind grated
- 1 cup buttermilk low-fat
- 0.5 cup butter softened
- 1 tablespoon butter
- 1 tablespoon powdered sugar
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

## Equipment


- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- skewers
- measuring cup
- kugelhopf pan



## Directions

- Bring 2 cups cider to a boil in a large, heavy saucepan over high heat. Cook until reduced to 1/2 cup (about 20 minutes). Reduce heat to medium-high; stir in 1/2 cup granulated sugar. Cook 5 minutes or until sugar dissolves and cider is thick and dark-colored, stirring occasionally.
- Remove from heat; cool 1 minute. Stir in 1 tablespoon margarine. Stir in apple; cook 15 minutes over medium-high heat or until the liquid is absorbed, stirring frequently.
- Remove from heat; cool. (If apple mixture hardens, place it over low heat until softened).
- Preheat oven to 32
- Coat a 12-cup Bundt pan with cooking spray; dust with breadcrumbs.

- Combine 1 1/2 cups granulated sugar, 1/2 cup margarine, lemon rind, and cream cheese in a large bowl; beat at medium speed of a mixer until well-blended (about 5 minutes).
- Add eggs, 1 at a time, beating well after each addition. Beat in 2 tablespoons lemon juice. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, and salt.
- Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Fold in apple mixture.
- Pour into prepared pan; bake at 325 for 1 1/2 hours or until a wooden pick inserted in center comes out clean.
- Combine 1/4 cup cider, 1/4 cup granulated sugar, 1/4 cup lemon juice, and vanilla; let stand until sugar dissolves, stirring occasionally. Cool cake in pan 5 minutes, and pierce with a wooden skewer in several places.
- Pour cider mixture over cake in pan, and let stand 10 minutes.
- Remove from pan, and cool completely on a wire rack. Sift powdered sugar over top of cake.

## Nutrition Facts

 PROTEIN **8.21%**  FAT **22.28%**  CARBS **69.51%**

### Properties

Glycemic Index:12.1, Glycemic Load:31.05, Inflammation Score:-4, Nutrition Score:6.2560869818148%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

### Nutrients (% of daily need)

Calories: 287.01kcal (14.35%), Fat: 7.21g (11.09%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 50.6g (16.87%), Net Carbohydrates: 49.37g (17.95%), Sugar: 32.06g (35.62%), Cholesterol: 33.05mg (11.02%), Sodium: 261.83mg

(11.38%), Alcohol: 0.08g (100%), Alcohol %: 0.07% (100%), Protein: 5.98g (11.95%), Selenium: 11.04µg (15.78%), Vitamin B1: 0.2mg (13.45%), Vitamin B2: 0.22mg (12.92%), Folate: 50.34µg (12.59%), Phosphorus: 125.49mg (12.55%), Manganese: 0.19mg (9.55%), Calcium: 76.81mg (7.68%), Iron: 1.29mg (7.17%), Vitamin B3: 1.41mg (7.07%), Vitamin A: 323.33IU (6.47%), Fiber: 1.23g (4.94%), Vitamin C: 3.74mg (4.53%), Potassium: 153.26mg (4.38%), Vitamin B5: 0.41mg (4.1%), Vitamin B12: 0.24µg (3.92%), Zinc: 0.54mg (3.59%), Magnesium: 13.53mg (3.38%), Copper: 0.06mg (2.89%), Vitamin B6: 0.05mg (2.66%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.17µg (1.11%)