



## Apple-Cranberry Upside-Down Cake



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



194 kcal

DESSERT

### Ingredients

- 0.3 cup butter
- 0.3 cup brown sugar packed
- 1 medium cooking oil peeled sliced
- 0.5 cup roasted cranberry sauce whole
- 0.5 cup granulated sugar
- 0.5 cup water
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla

- 1 eggs
- 1.5 cups frangelico

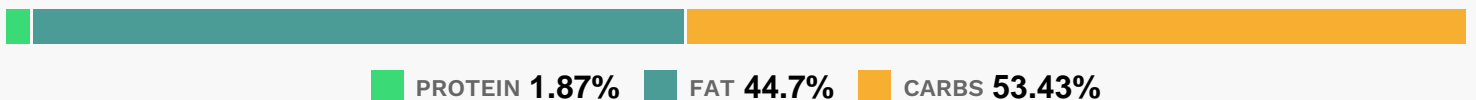
## Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°. Melt butter in round pan, 9x1 1/2 inches, or square pan, 8x8x2 inches, in oven.
- Sprinkle brown sugar over butter. Arrange apple slices in single layer on brown sugar. Spoon cranberry sauce between apple slices.
- Beat remaining ingredients in large bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 3 minutes, scraping bowl occasionally.
- Pour batter over apples.
- Bake 30 to 35 minutes or until toothpick inserted in center of cake comes out clean. Immediately loosen edge of cake by running knife around edge of pan.
- Place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over cake a few minutes.
- Let cake stand at least 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:1.5108695762313%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## **Nutrients (% of daily need)**

Calories: 193.55kcal (9.68%), Fat: 9.83g (15.12%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 26.24g (9.54%), Sugar: 24.79g (27.55%), Cholesterol: 20.46mg (6.82%), Sodium: 78.41mg (3.41%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 0.92g (1.85%), Vitamin K: 6.6µg (6.29%), Vitamin A: 290.79IU (5.82%), Vitamin E: 0.74mg (4.94%), Selenium: 1.92µg (2.74%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 13.53mg (1.35%), Iron: 0.22mg (1.25%), Calcium: 12.06mg (1.21%)