



Apple Dapple Cake

 Vegetarian

READY IN



220 min.

SERVINGS



12

CALORIES



541 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.8 cup t brown sugar dark packed
- 3 large eggs at room temperature
- 3 cups flour all-purpose
- 3 cups apples i use 2 granny smith apples cored peeled (from 3 medium apples)
- 1.8 cups granulated sugar
- 0.3 cup cup heavy whipping cream
- 8 ounces pecans coarsely chopped

- 1 teaspoon salt fine
- 4 tablespoons butter unsalted cut into large chunks ()
- 2 teaspoons vanilla extract
- 1.3 cups vegetable oil

Equipment

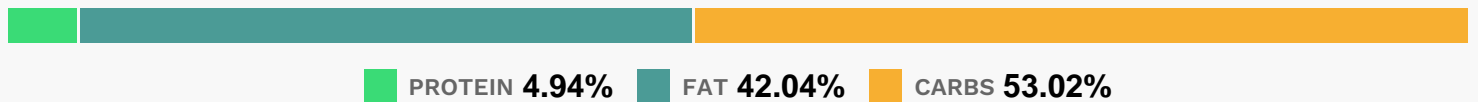
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- toothpicks
- aluminum foil
- spatula
- skewers

Directions

- Heat the oven to 325°F and arrange a rack in the middle. Generously coat a 10-inch tube pan with butter (the pan should have a removable bottom), and set aside.
- Place the flour, baking soda, and salt in a medium bowl and whisk to combine and aerate; set aside.
- Place the sugar and oil in a large bowl and whisk to combine.
- Add the eggs and vanilla and whisk until thoroughly combined.
- Add the reserved flour mixture and, using a rubber spatula, stir until just evenly incorporated, being careful not to overmix. Stir in the apples and nuts until evenly distributed.
- Pour the batter into the prepared pan and smooth the top.
- Bake until the surface of the cake is golden brown and a toothpick or wooden skewer inserted into the center comes out clean, about 60 to 65 minutes.

- Place all of the ingredients in a small saucepan over medium heat. Bring to a boil, stirring often until the sugar has completely dissolved. Continue to boil, stirring occasionally, until the mixture has thickened slightly, about 3 minutes more. While the cake is still warm and in the tube pan, pour all of the glaze over it.
- Let sit until completely cooled, at least 2 hours. To remove the cake from the pan, run a knife between the cake and both the perimeter of the pan and the tube. Arrange a sheet of aluminum foil so that it's directly touching the surface of the cake, making a hole in the foil to expose the tube. Flip the pan over and push the removable bottom and cake down onto the foil.
- Remove the sides of the pan and the removable bottom. (If the cake sticks to the bottom, run a knife between it and the bottom). Invert a cake or serving platter over the cake. Flip the cake and platter over and remove the foil. Store at room temperature in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:38.83, Inflammation Score:-5, Nutrition Score:11.582173886506%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 541.02kcal (27.05%), Fat: 25.96g (39.94%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 73.69g (24.56%), Net Carbohydrates: 70.28g (25.56%), Sugar: 46.86g (52.06%), Cholesterol: 64mg (21.33%), Sodium: 310.18mg (13.49%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 6.86g (13.72%), Manganese: 1.09mg (54.52%), Vitamin B1: 0.38mg (25.47%), Selenium: 15.74µg (22.48%), Folate: 68.7µg (17.17%), Vitamin B2: 0.26mg (15.55%), Copper: 0.3mg (14.99%), Fiber: 3.41g (13.63%), Iron: 2.31mg (12.82%), Phosphorus: 119.83mg (11.98%), Vitamin B3: 2.13mg (10.64%), Vitamin K: 10.37µg (9.88%), Magnesium: 34.68mg (8.67%), Zinc: 1.28mg (8.51%), Vitamin E: 1.01mg (6.74%), Vitamin A: 308.76IU (6.18%), Vitamin B5: 0.55mg (5.51%), Potassium: 188.91mg (5.4%),

Vitamin B6: 0.1mg (4.79%), Calcium: 44.17mg (4.42%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.13µg (2.16%),
Vitamin C: 1.69mg (2.04%)