

Apple Dump Cake

READY IN



45 min.

SERVINGS



15

CALORIES



238 kcal

Ingredients

- ☐ 21 ounce peach pie filling canned
- ☐ 0.5 cup butter
- ☐ 18.3 ounce apples and cinnamon muffin mix
- ☐ 0.5 teaspoon ground cinnamon to taste

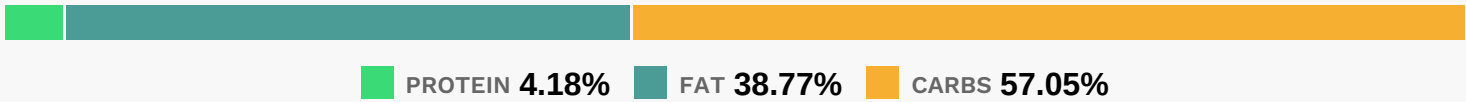
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 9x13 inch baking pan
- ☐ Mix apple pie filling with ground cinnamon to taste.
- ☐ Pour mixture into pan.
- ☐ Sprinkle apples and cinnamon mixture over top of apples.
- ☐ In a small saucepan melt the butter or margarine and pour evenly over the top of the cake.
- ☐ Sprinkle with additional cinnamon if desired.
- ☐ Bake at 350 degrees F (175 degrees C) for 20 minutes or until golden brown.
- ☐ Serve hot with ice cream!

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.2756521183511%

Nutrients (% of daily need)

Calories: 238.28kcal (11.91%), Fat: 10.39g (15.98%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 31.71g (11.53%), Sugar: 12.5g (13.89%), Cholesterol: 16.96mg (5.65%), Sodium: 349.11mg (15.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Phosphorus: 173.3mg (17.33%), Fiber: 2.67g (10.7%), Vitamin B1: 0.15mg (10.16%), Folate: 32.31µg (8.08%), Manganese: 0.13mg (6.55%), Vitamin B2: 0.1mg (5.93%), Vitamin B3: 1.17mg (5.85%), Iron: 0.98mg (5.47%), Vitamin A: 238.48IU (4.77%), Selenium: 2.13µg (3.04%), Copper: 0.05mg (2.57%), Vitamin B6: 0.05mg (2.54%), Calcium: 23.73mg (2.37%), Vitamin K: 2.47µg (2.36%), Magnesium: 9.26mg (2.32%), Vitamin B5: 0.19mg (1.91%), Potassium: 58.94mg (1.68%), Vitamin E: 0.25mg (1.65%), Zinc: 0.22mg (1.47%)