



Apple Dumpling Cake

READY IN



90 min.

SERVINGS



15

CALORIES



416 kcal

DESSERT

Ingredients

- 0.7 cup brown sugar packed
- 0.5 cup butter melted
- 8 small gala apple peeled halved lengthwise
- 2.5 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 1.5 teaspoons apple pie spice
- 0.5 teaspoon salt
- 1 cup butter softened
- 1.5 cups granulated sugar

- 1 teaspoon vanilla
- 3 eggs
- 0.8 cup milk

Equipment

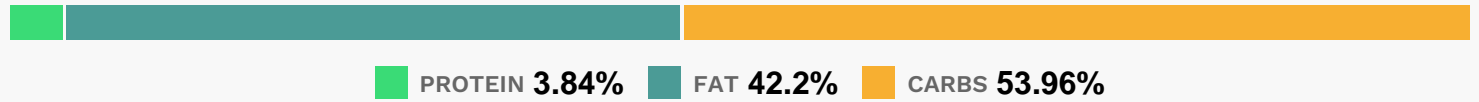
- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks
- melon baller

Directions

- Heat oven to 350°F. Grease 13x9-inch pan with shortening or cooking spray. In small bowl, mix brown sugar and 1/2 cup melted butter until well mixed.
- Spread evenly in pan.
- Remove apple cores with melon baller.
- Place 15 apple halves, cut side down, over sugar mixture in pan.
- Bake 15 minutes or until bubbling around edges.
- In small bowl, mix flour, baking powder, apple pie spice and salt. In medium bowl, beat 1 cup butter and the granulated sugar with electric mixer on medium speed 3 minutes or until light and fluffy. Beat in vanilla.
- Add eggs, one at a time, beating until blended. On low speed, beat in flour mixture alternately with milk. Spoon over hot apples in pan.
- Bake 40 to 45 minutes or until apples are tender and toothpick inserted in center of cake comes out clean. Cool 5 minutes. Run knife around edge of pan to loosen cake.
- Place heatproof serving plate upside down on pan; turn plate and pan over. Leave pan over cake 1 minute so topping drizzles over cake.
- Remove pan; cool 10 minutes.

Cut into squares around apples.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:28.72, Inflammation Score:-6, Nutrition Score:6.7721739126288%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 416.01kcal (20.8%), Fat: 19.97g (30.73%), Saturated Fat: 6.99g (43.67%), Carbohydrates: 57.47g (19.16%), Net Carbohydrates: 54.97g (19.99%), Sugar: 38.44g (42.71%), Cholesterol: 50.47mg (16.82%), Sodium: 346.82mg (15.08%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 4.09g (8.18%), Vitamin A: 841.13IU (16.82%), Selenium: 10.33µg (14.76%), Vitamin B1: 0.19mg (12.64%), Vitamin B2: 0.19mg (11.36%), Folate: 45.17µg (11.29%), Manganese: 0.21mg (10.62%), Fiber: 2.5g (10%), Phosphorus: 78.61mg (7.86%), Iron: 1.4mg (7.76%), Calcium: 75.28mg (7.53%), Vitamin B3: 1.34mg (6.72%), Vitamin E: 0.9mg (6.02%), Potassium: 161.18mg (4.61%), Vitamin C: 3.73mg (4.52%), Vitamin B5: 0.35mg (3.54%), Vitamin B6: 0.07mg (3.53%), Copper: 0.07mg (3.26%), Magnesium: 13.01mg (3.25%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.36mg (2.39%), Vitamin K: 2.46µg (2.34%), Vitamin D: 0.31µg (2.07%)