



Apple-Honey Upside-Down Cakes

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



405 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 large apples i use 2 granny smith apples
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon freshly squeezed (from 1 medium lemon)
- ☐ 0.3 cup orange-flower water

- ☐ 1 teaspoon orange zest packed finely grated (from 1 medium orange)
- ☐ 0.5 teaspoon salt fine
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup almonds whole toasted coarsely chopped
- ☐ 0.3 cup milk whole at room temperature

Equipment

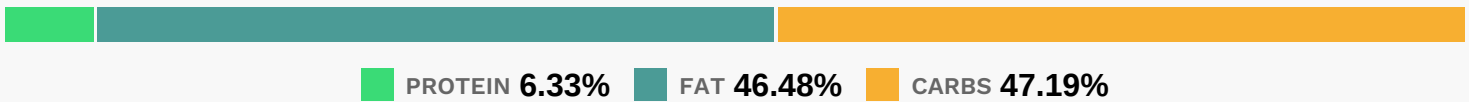
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ stand mixer
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Heat the oven to 325°F and arrange a rack in the middle. Coat 6 (6-ounce) ramekins with butter and evenly space them on a baking sheet. Divide almonds among the ramekins. Peel, core, and cut the apple into medium dice.
- ☐ Place in a medium, nonreactive bowl, add 1 tablespoon of the lemon juice, and toss to combine; set aside. Melt butter in a medium frying pan over medium-high heat until foaming.
- ☐ Add sugar, honey, and salt and stir to combine. Cook, swirling the pan occasionally, until mixture just starts to turn a light caramel color, about 5 minutes.
- ☐ Add the remaining 1 teaspoon lemon juice and stir to combine.

- ☐ Place flour, orange zest, baking powder, cinnamon, and salt in a medium bowl and whisk to aerate and break up any lumps; set aside.
- ☐ Place butter in the bowl of a stand mixer fitted with a paddle attachment and beat on medium high until light in color and fluffy, about 2 minutes.
- ☐ Add sugar and vanilla and continue to beat until incorporated and fluffy, about 3 minutes more.
- ☐ Add eggs one at a time, letting the first incorporate before adding the second. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula. Return the mixer to low speed, add the milk, and mix until just incorporated.
- ☐ Add the reserved flour mixture and mix until just incorporated, about 30 seconds; do not overmix. Evenly spoon the batter over the apples and smooth the tops.
- ☐ Bake until a cake tester comes out clean, about 35 minutes. Immediately run a knife around the perimeter of each cake. Using a dry kitchen towel to grasp the ramekins, invert the hot cakes onto serving plates.
- ☐ Serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:53.68, Glycemic Load:30.65, Inflammation Score:-5, Nutrition Score:8.9786955895631%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 404.56kcal (20.23%), Fat: 21.37g (32.88%), Saturated Fat: 10.65g (66.54%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 46.24g (16.81%), Sugar: 29.93g (33.26%), Cholesterol: 103.35mg (34.45%), Sodium: 259.94mg (11.3%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 6.55g (13.09%), Manganese: 0.37mg (18.75%), Selenium: 13.05µg (18.64%), Vitamin E: 2.73mg (18.23%), Vitamin B2: 0.31mg (17.99%), Vitamin B1: 0.2mg (13.37%), Folate: 51.74µg (12.93%), Phosphorus: 120.27mg (12.03%), Vitamin A: 595.14IU (11.9%), Fiber: 2.58g (10.32%), Iron: 1.67mg (9.29%), Magnesium: 31.98mg (8%), Vitamin B3: 1.59mg (7.96%), Calcium: 75.43mg (7.54%), Copper: 0.14mg (7.03%), Vitamin D: 0.73µg (4.83%), Potassium: 168.62mg (4.82%), Vitamin B5: 0.47mg (4.71%), Zinc: 0.69mg (4.61%), Vitamin B12: 0.23µg (3.92%), Vitamin C: 3.14mg (3.8%), Vitamin B6: 0.07mg (3.63%), Vitamin K: 2.32µg (2.21%)