

Apple Kuchen

READY IN

ready

65 min.

SERVINGS

servings

15

CALORIES

calories

264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup coconut or flaked
- ☐ 1 eggs
- ☐ 4 large granny smith apples
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter softened
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.5 cup sugar white
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

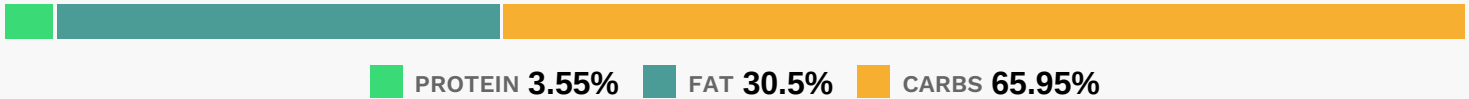
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Peel, core, and cut each apple into 8 wedges. Set aside.
- ☐ In a medium bowl, combine the cake mix, coconut and margarine until crumbly. Pat mixture lightly into prepared pan, building up the edges slightly to form a crust. Arrange the apple wedges on top.
- ☐ Mix together the cinnamon and sugar and sprinkle over the apples and the cake mixture. In a small bowl, whisk together the egg and sour cream.
- ☐ Drizzle over the top of the cake.
- ☐ Bake in the preheated oven for 35 minutes, or until the edges of the cake are golden and the apples are tender.

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:6.83, Inflammation Score:-3, Nutrition Score:4.9556521332782%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.48mg, Epicatechin: 4.48mg, Epicatechin: 4.48mg, Epicatechin: 4.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 264.31kcal (13.22%), Fat: 9.21g (14.17%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 42.44g (15.43%), Sugar: 28.51g (31.68%), Cholesterol: 19.96mg (6.65%), Sodium: 297.42mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Phosphorus: 137.72mg (13.77%), Calcium: 96.75mg (9.67%), Manganese: 0.19mg (9.53%), Fiber: 2.37g (9.49%), Vitamin B2: 0.14mg (8.23%), Folate: 27.84µg (6.96%), Vitamin B1: 0.1mg (6.41%), Vitamin A: 279.2IU (5.58%), Iron: 0.96mg (5.33%), Vitamin B3: 0.89mg (4.44%), Selenium: 3.07µg (4.39%), Vitamin E: 0.65mg (4.31%), Vitamin B6: 0.07mg (3.56%), Vitamin C: 2.93mg (3.55%), Copper: 0.07mg (3.46%), Potassium: 120.74mg (3.45%), Vitamin B5: 0.28mg (2.85%), Magnesium: 11.05mg (2.76%), Vitamin K: 2.6µg (2.47%), Zinc: 0.27mg (1.77%), Vitamin B12: 0.1µg (1.61%)