



Apple-Molasses Upside-Down Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoons baking soda
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 2 teaspoons ginger grated peeled
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.8 cup blackstrap molasses light ()

- ☐ 2 pounds pink lady apples peeled
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup sugar divided
- ☐ 5 tablespoons butter unsalted
- ☐ 0.3 cup milk whole

Equipment

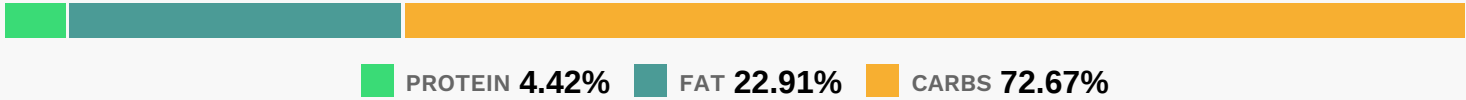
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Place a rack in middle of oven; preheat to 350°F. Melt butter in a 10" (as measured across the bottom) cast-iron or other ovenproof skillet; set aside.
- ☐ Whisk flour, salt, cinnamon, baking soda, and baking powder in a medium bowl.
- ☐ Whisk molasses, egg, ginger, and 1/4 cup sugar in a large bowl.
- ☐ Whisk in sour cream, then milk. Gradually whisk in dry ingredients, then 3 tablespoons melted butter from skillet. Set aside.
- ☐ Place 1 apple on a work surface stem up.
- ☐ Cut a large piece of apple from 1 side, leaving core behind. Rotate apple and repeat twice for a total of 3 large pieces (a triangular core will remain). Repeat with remaining apples.
- ☐ Add remaining 1/4 cup sugar to butter in skillet. Cook over medium-high heat until sugar begins to caramelize, 2–3 minutes.
- ☐ Add apples; stir to coat. Cook apples rounded sides down for 3 minutes, then turn over and cook flat sides down until beginning to soften, about 5 minutes longer. Space apples evenly in skillet flat side down and pour cake batter over.
- ☐ Transfer skillet to oven.
- ☐ Bake until a cake tester inserted into the center comes out with a few moist crumbs attached, 30–40 minutes.

- ☐ Let cake cool in skillet for 10 minutes,then carefully invert onto a plate.
- ☐ Serve cake warm or at room temperature.
- ☐ Per serving: 360 calories, 10 fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:46.39, Glycemic Load:38.56, Inflammation Score:-6, Nutrition Score:11.84608695818%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 394.62kcal (19.73%), Fat: 10.33g (15.9%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 73.78g (24.59%), Net Carbohydrates: 70.17g (25.52%), Sugar: 48.68g (54.09%), Cholesterol: 48.63mg (16.21%), Sodium: 594.42mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Manganese: 0.76mg (37.97%), Selenium: 17.49µg (24.98%), Magnesium: 91.38mg (22.85%), Potassium: 649.55mg (18.56%), Vitamin B1: 0.26mg (17.08%), Iron: 3.08mg (17.08%), Vitamin B6: 0.29mg (14.54%), Fiber: 3.6g (14.41%), Folate: 57.29µg (14.32%), Vitamin B2: 0.23mg (13.29%), Calcium: 118mg (11.8%), Copper: 0.23mg (11.74%), Vitamin B3: 2.04mg (10.22%), Phosphorus: 87.07mg (8.71%), Vitamin A: 386.44IU (7.73%), Vitamin C: 5.34mg (6.47%), Vitamin B5: 0.61mg (6.11%), Vitamin E: 0.54mg (3.58%), Vitamin K: 3.45µg (3.29%), Zinc: 0.49mg (3.26%), Vitamin D: 0.34µg (2.27%), Vitamin B12: 0.13µg (2.2%)