

Apple Oven Cake

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.1 teaspoon cinnamon
- ☐ 3 large eggs
- ☐ 0.5 cup flour
- ☐ 1 fuji apple sweet peeled sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup milk

- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt

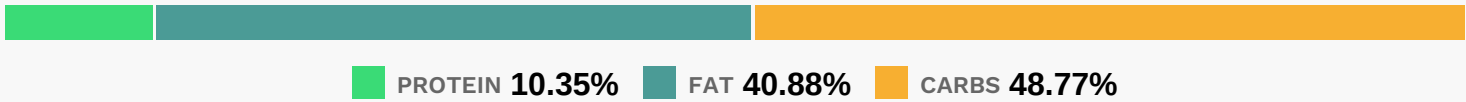
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 42
- ☐ Melt butter in a 12-in. ovenproof frying pan over high heat.
- ☐ Add brown sugar and cinnamon, swirling to combine.
- ☐ Add apple and cook until just starting to soften, about 3 minutes.
- ☐ Meanwhile, in a blender, whirl together eggs, salt, flour, and milk.
- ☐ Pour egg mixture into pan and bake until puffed and brown, about 15 minutes.
- ☐ Sprinkle with lemon juice and powdered sugar.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:7.22, Inflammation Score:-3, Nutrition Score:5.3543477887693%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 192.5kcal (9.63%), Fat: 8.87g (13.64%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 22.76g (8.28%), Sugar: 14.52g (16.13%), Cholesterol: 110.49mg (36.83%), Sodium: 188.27mg (8.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Selenium: 11.78µg (16.84%), Vitamin B2: 0.2mg (12.04%), Phosphorus: 86.9mg (8.69%), Folate: 32.53µg (8.13%), Vitamin B1: 0.11mg (7.28%), Vitamin A: 359.52IU (7.19%), Vitamin B12: 0.34µg (5.74%), Iron: 1.03mg (5.73%), Vitamin B5: 0.55mg (5.46%), Calcium: 52.32mg (5.23%), Manganese: 0.1mg (5.16%), Vitamin D: 0.72µg (4.82%), Fiber: 1.04g (4.16%), Vitamin B6: 0.08mg (3.86%), Potassium: 125.28mg (3.58%), Vitamin B3: 0.7mg (3.49%), Zinc: 0.5mg (3.35%), Vitamin E: 0.5mg (3.34%), Vitamin C: 2.36mg (2.87%), Magnesium: 10.39mg (2.6%), Copper: 0.05mg (2.32%), Vitamin K: 1.34µg (1.27%)