

Apple Pie Cake

READY IN



195 min.

SERVINGS



12

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter cut into small pieces
- ☐ 6 cups apples peeled thinly sliced (6 medium)
- ☐ 3 tablespoons brown sugar packed
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons juice of lemon
- ☐ 1 box cake mix yellow

- ☐ 1.3 cups water
- ☐ 0.3 cup cooking oil
- ☐ 3 eggs

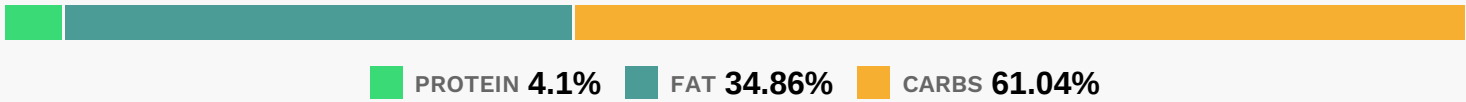
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan cooking spray.
- ☐ In medium bowl, stir together flour, 1/2 cup brown sugar and the salt. With pastry blender or fork, cut in butter until mixture is crumbly. Set aside.
- ☐ In a large bowl, gently stir together Apple
- ☐ Mixture ingredients; set aside.
- ☐ In large bowl, beat Cake ingredients with electric mixer on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Arrange apple mixture evenly over cake batter; press lightly into batter.
- ☐ Sprinkle with Topping.
- ☐ Bake 40 to 45 minutes, or until toothpick inserted in center comes out clean. Cool completely, about 2 hours. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:8.04, Inflammation Score:-4, Nutrition Score:7.8156521216683%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 414.75kcal (20.74%), Fat: 16.35g (25.16%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 64.43g (21.48%), Net Carbohydrates: 61.95g (22.53%), Sugar: 37.06g (41.17%), Cholesterol: 61.26mg (20.42%), Sodium: 444.13mg (19.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Phosphorus: 176.5mg (17.65%), Folate: 56µg (14%), Vitamin B1: 0.2mg (13.14%), Vitamin B2: 0.22mg (13%), Vitamin E: 1.95mg (12.99%), Manganese: 0.24mg (12.23%), Selenium: 8.45µg (12.08%), Calcium: 118.96mg (11.9%), Fiber: 2.48g (9.91%), Iron: 1.76mg (9.8%), Vitamin B3: 1.7mg (8.5%), Vitamin K: 7.89µg (7.52%), Vitamin A: 330.55IU (6.61%), Vitamin B6: 0.09mg (4.41%), Vitamin B5: 0.44mg (4.38%), Copper: 0.08mg (4.1%), Vitamin C: 3.21mg (3.89%), Potassium: 134.21mg (3.83%), Magnesium: 12.84mg (3.21%), Vitamin B12: 0.16µg (2.62%), Zinc: 0.38mg (2.52%), Vitamin D: 0.22µg (1.47%)