



Apple Pudding Cake

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 2 cups apple juice
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 3 tablespoons butter melted
- ☐ 1 medium size apples i use 2 granny smith apples cored peeled finely chopped
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup milk

- ☐ 1.5 cups just-add-water pancake-and-waffle mix
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Toss chopped apples with lemon juice in a medium bowl.
- ☐ Add brown sugar, stirring well to coat.
- ☐ Whisk together pancake-and-waffle mix, granulated sugar, and cinnamon in a medium bowl; stir in milk, butter, and vanilla. Fold apple mixture and any accumulated juices into batter.
- ☐ Spread into a lightly greased 8-inch square pan.
- ☐ Microwave apple juice in a 2-cup glass measuring cup at HIGH 2 to 3 minutes or until boiling. Using a spoon, gently drizzle hot apple juice over batter in pan. (Some batter may float once juice is added.)
- ☐ Bake at 350 for 30 to 35 minutes or until a cake layer forms on top and layer springs back when touched.
- ☐ Let cool on a wire rack 25 minutes.
- ☐ Serve warm with ice cream, if desired.
- ☐ Note: For testing purposes only, we used Aunt Jemima's Original Complete Pancake And Waffle Mix.

Nutrition Facts



PROTEIN 4.68% **FAT 27.62%** **CARBS 67.7%**

Properties

Glycemic Index:29.48, Glycemic Load:12.64, Inflammation Score:-2, Nutrition Score:3.6578260789747%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 216.85kcal (10.84%), Fat: 6.79g (10.44%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 36.21g (13.17%), Sugar: 28.33g (31.47%), Cholesterol: 30.42mg (10.14%), Sodium: 167.49mg (7.28%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 2.59g (5.18%), Phosphorus: 100.37mg (10.04%), Calcium: 86.63mg (8.66%), Vitamin B2: 0.12mg (6.96%), Manganese: 0.13mg (6.38%), Vitamin B1: 0.08mg (5.02%), Fiber: 1.24g (4.95%), Potassium: 172.48mg (4.93%), Vitamin A: 230.41IU (4.61%), Selenium: 2.96µg (4.23%), Magnesium: 12.44mg (3.11%), Vitamin C: 2.48mg (3.01%), Vitamin B6: 0.06mg (2.98%), Vitamin B12: 0.17µg (2.9%), Iron: 0.49mg (2.74%), Folate: 10.07µg (2.52%), Vitamin B5: 0.24mg (2.43%), Vitamin B3: 0.4mg (1.99%), Zinc: 0.28mg (1.87%), Copper: 0.03mg (1.53%), Vitamin E: 0.18mg (1.22%), Vitamin D: 0.17µg (1.12%)