



Apple Pudding Cake with Cinnamon-Butter Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



9

CALORIES



329 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter softened
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg

- 0.3 teaspoon salt
- 2 cups apples peeled unpeeled chopped (2 medium)
- 0.3 cup butter
- 0.7 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup frangelico

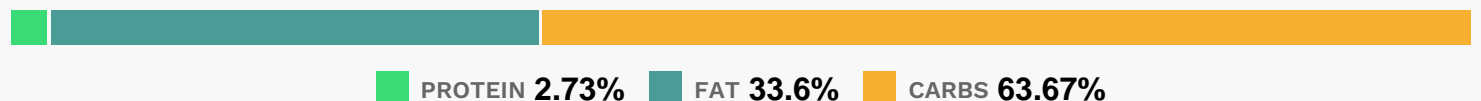
Equipment

- bowl
- frying pan
- sauce pan
- oven
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom and sides of 8-inch square pan with shortening.
- In large bowl, mix brown sugar and softened butter with spoon until light and fluffy. Beat in egg. Stir in flour, baking soda, 1 teaspoon cinnamon, the nutmeg and salt. Stir in apples.
- Spread batter in pan.
- Bake 25 to 35 minutes or until toothpick inserted in center comes out clean.
- Meanwhile, in 1-quart saucepan, heat sauce ingredients over medium heat, stirring frequently, until butter is melted and sauce is hot.
- Serve warm sauce over warm cake.

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:19.05, Inflammation Score:-4, Nutrition Score:4.0339130474174%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 329.11kcal (16.46%), Fat: 12.58g (19.36%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 52.42g (19.06%), Sugar: 41.48g (46.09%), Cholesterol: 18.19mg (6.06%), Sodium: 339.48mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin A: 568.78IU (11.38%), Selenium: 6.6µg (9.44%), Manganese: 0.18mg (9.18%), Vitamin B1: 0.12mg (7.84%), Folate: 29.04µg (7.26%), Vitamin B2: 0.11mg (6.27%), Iron: 0.98mg (5.42%), Fiber: 1.24g (4.97%), Vitamin B3: 0.89mg (4.43%), Vitamin E: 0.57mg (3.82%), Calcium: 34.92mg (3.49%), Phosphorus: 32.55mg (3.25%), Potassium: 92.16mg (2.63%), Copper: 0.05mg (2.29%), Magnesium: 8.08mg (2.02%), Vitamin B5: 0.2mg (1.99%), Vitamin B6: 0.04mg (1.89%), Vitamin C: 1.32mg (1.6%), Zinc: 0.19mg (1.26%)