



Apple Pudding Cake with Cinnamon-Butter Sauce

READY IN



50 min.

SERVINGS



9

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 2 cups apples peeled unpeeled chopped (2 medium)
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup butter
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 cup half and half
- ☐ 0.3 teaspoon salt

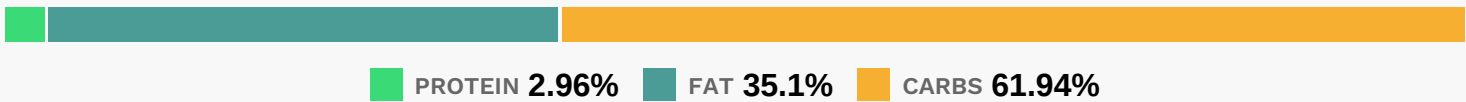
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:-5, Nutrition Score:4.3021739047507%

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: 340.85kcal (17.04%), Fat: 13.61g (20.95%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 54.04g (18.01%), Net Carbohydrates: 52.8g (19.2%), Sugar: 41.85g (46.5%), Cholesterol: 21.32mg (7.11%), Sodium: 344.95mg (15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin A: 600.51IU (12.01%), Selenium: 6.89µg (9.84%), Manganese: 0.18mg (9.19%), Vitamin B1: 0.12mg (8.02%), Folate: 29.31µg (7.33%), Vitamin B2: 0.12mg (7.3%), Iron: 0.98mg (5.45%), Fiber: 1.24g (4.97%), Vitamin B3: 0.89mg (4.47%), Calcium: 44.51mg (4.45%), Phosphorus: 41.06mg (4.11%), Vitamin E: 0.6mg (3.97%), Potassium: 103.99mg (2.97%), Copper: 0.05mg (2.33%), Vitamin B5: 0.22mg (2.24%), Magnesium: 8.97mg (2.24%), Vitamin B6: 0.04mg (2.12%), Vitamin C: 1.4mg (1.7%), Zinc: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.25%)