



## Apple Spice Cake with Brown Sugar Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



350 kcal

DESSERT

### Ingredients

- ☐ 3 cups all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 3 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1.8 pounds granny smith apples cored grated peeled
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ kitchen towels
- ☐ skewers
- ☐ kugelhkopf pan

## Directions

- ☐ Position rack in center of oven and preheat to 325F. Spray 12-cup Bundt pan with nonstick spray. Sift flour and next 6 ingredients into medium bowl.
- ☐ Drain grated apples in strainer. Using hands or kitchen towel, squeeze out excess liquid from apples. Measure 2 cups grated apples.
- ☐ Using electric mixer, beat butter, both sugars, and lemon peel in large bowl until fluffy. Beat in eggs, 1 at a time.
- ☐ Mix in vanilla and lemon juice. Beat in flour mixture.

- ☐ Mix in grated apples.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until tester inserted near center comes out clean, about 1 hour. Cool in pan on rack 20 minutes.
- ☐ Stir all ingredients in small nonstick skillet over medium-high heat until sugar dissolves and mixture comes to boil. Reduce heat to medium; whisk until glaze is smooth, about 1 minute.
- ☐ Remove from heat. Invert cake onto rack set over baking sheet. Using small skewer, pierce holes all over top of warm cake.
- ☐ Pour glaze over top, allowing it to be absorbed before adding more. Cool cake 30 minutes.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:22.26, Glycemic Load:37.14, Inflammation Score:-4, Nutrition Score:7.2595652600993%

## Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg 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: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

## Nutrients (% of daily need)

Calories: 349.55kcal (17.48%), Fat: 7.36g (11.32%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 64.82g (23.57%), Sugar: 41.06g (45.62%), Cholesterol: 62.27mg (20.76%), Sodium: 163.56mg (7.11%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 5.19g (10.37%), Selenium: 14.9µg (21.29%), Vitamin B1: 0.26mg (17.56%), Folate: 65.64µg (16.41%), Manganese: 0.31mg (15.26%), Vitamin B2: 0.24mg (14.41%), Iron: 1.86mg (10.32%), Fiber: 2.58g (10.31%), Vitamin B3: 1.94mg (9.68%), Phosphorus: 70.58mg (7.06%), Vitamin A: 295.25IU (5.91%), Vitamin C: 3.39mg (4.11%), Potassium: 142.61mg (4.07%), Copper: 0.08mg (4.07%), Vitamin B5:

0.4mg (4%), Vitamin B6: 0.07mg (3.44%), Magnesium: 13.42mg (3.36%), Calcium: 30.57mg (3.06%), Zinc: 0.43mg (2.9%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.4µg (2.67%), Vitamin B12: 0.13µg (2.12%), Vitamin K: 2.19µg (2.08%)