



## Apple Spice Cake With Pecan Frangelico Glaze

 Vegetarian

READY IN



65 min.

SERVINGS



15

CALORIES



499 kcal

DESSERT

### Ingredients

- 0.1 teaspoon allspice
- 0.3 cup apple cider
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 5 tablespoons butter
- 0.3 teaspoon cardamom
- 1 tablespoon cinnamon
- 3 large eggs lightly beaten

- 3 cups flour
- 0.3 teaspoon grating nutmeg fresh grated
- 0.1 teaspoon ginger
- 1.8 ounces apples i use 2 granny smith apples diced
- 0.7 cup cup heavy whipping cream
- 0.1 teaspoon mace
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 2 cups sugar
- 1 cup butter unsalted melted
- 1 teaspoon vanilla
- 0.1 cup frangelico
- 0.3 cup frangelico
- 0.1 cup frangelico
- 0.3 cup frangelico

## Equipment

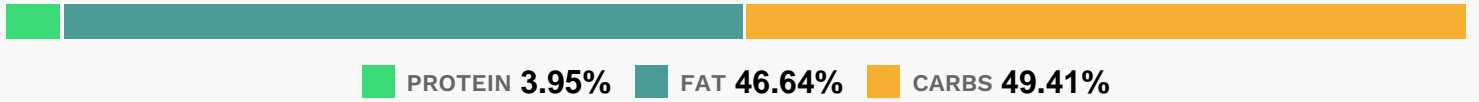
- bowl
- frying pan
- sauce pan
- oven

## Directions

- Preheat oven to 350 degrees. Grease and lightly flour a 10 x 15 pan. In a large bowl combine flour, sugar, baking soda, salt and spices.
- Place diced apple in a bowl pour cider and frangelico over the apples. In a medium bowl combine eggs, butter, and vanilla.
- Add the egg mixture to dry ingredients, just until moistened. Stir in apples mixture to just blend inches.

- Spread into prepared pan.
- Bake for 45 minutes. Topping: Meanwhile in a small saucepan melt butter till sizzling stop and starts to brown slightly add nuts cook for 1 minute.
- Remove from heat while carefully pouring Frangelico into nuts.
- Place back over flame add sugar, mix in then add cream. Cook and stir till bubbly and all of the sugar is dissolved. with a fork carefully pierce the cake then drizzle warm sauce over cake.

## Nutrition Facts



### Properties

Glycemic Index: 25.86, Glycemic Load: 32.83, Inflammation Score: -5, Nutrition Score: 8.0286955924138%

### Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

### Nutrients (% of daily need)

Calories: 498.52kcal (24.93%), Fat: 26.43g (40.66%), Saturated Fat: 13.42g (83.88%), Carbohydrates: 63.01g (21%), Net Carbohydrates: 61.24g (22.27%), Sugar: 42.47g (47.19%), Cholesterol: 91.72mg (30.57%), Sodium: 204.44mg (8.89%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.04g (10.08%), Manganese: 0.62mg (31.08%), Selenium: 12.7µg (18.14%), Vitamin B1: 0.25mg (16.89%), Vitamin A: 712.08IU (14.24%), Folate: 53.39µg (13.35%), Vitamin B2: 0.21mg (12.51%), Iron: 1.72mg (9.53%), Vitamin B3: 1.62mg (8.08%), Phosphorus: 79.67mg (7.97%), Copper: 0.15mg (7.37%), Fiber: 1.77g (7.09%), Vitamin E: 0.8mg (5.32%), Magnesium: 18.93mg (4.73%), Zinc: 0.7mg (4.67%), Calcium: 45mg (4.5%), Vitamin B5: 0.4mg (4%), Vitamin D: 0.6µg (3.97%), Potassium: 117.64mg (3.36%), Vitamin B6: 0.06mg (2.85%), Vitamin B12: 0.14µg (2.33%), Vitamin K: 2.33µg (2.21%)