



Apple Upside-Down Cake

READY IN



15 min.

SERVINGS



6

CALORIES



569 kcal

DESSERT

Ingredients

- ☐ 3.5 ounces almond paste crumbled
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 6 servings mrs richardson's butterscotch caramel sauce
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 lb granny smith apples cored peeled cut into 1/2-inch wedges
- ☐ 0.3 cup granulated sugar
- ☐ 6 servings butter pecan ice cream
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.1 teaspoon salt
- ☐ 4 tablespoons butter unsalted softened

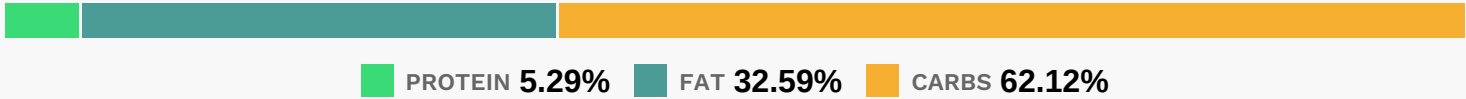
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Stir together brown sugar and 4 tablespoons butter in a small bowl. Scrape seeds from 1 vanilla bean, or pour 1 1/2 teaspoons extract into mixture; stir until smooth.
- ☐ Spread mixture in an even layer onto bottom of a 10-inch cast-iron or ovenproof skillet. Arrange apple wedges over sugar mixture, overlapping slightly in a circular pattern; fill in center of skillet with remaining wedges. Spray sides of skillet with cooking spray.
- ☐ Heat oven to 350
- ☐ Combine almond paste, remaining 6 tablespoons butter, and granulated sugar in a large mixing bowl; scrape seeds from 1/2 vanilla bean, or pour 3/4 teaspoon extract into mixture. Beat with electric mixer on medium speed about 2 minutes or until creamy and smooth. Beat in eggs, 1 at a time, until incorporated. Beat in flour, baking powder, and salt until combined. Drop batter by large spoonfuls on top of apple wedges, spreading evenly to cover apples thinly.
- ☐ Bake at 350 for 30 to 35 minutes or until cake is golden brown and tester inserted in center comes out clean.
- ☐ Remove skillet from oven, and let stand 3 to 4 minutes. Loosen edges of cake with a small knife.
- ☐ Place a serving plate on top of cake, and invert skillet. Leave skillet over cake 1 minute, then carefully remove skillet. (Replace any apple slices that may have stuck to bottom of skillet.)
- ☐ Let stand about 10 minutes.
- ☐ Serve warm or at room temperature with Caramel Sauce and Butter Pecan Ice Cream.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:23.63, Inflammation Score:-5, Nutrition Score:10.410434816195%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 568.67kcal (28.43%), Fat: 21.25g (32.7%), Saturated Fat: 10.27g (64.19%), Carbohydrates: 91.17g (30.39%), Net Carbohydrates: 87.81g (31.93%), Sugar: 76.84g (85.37%), Cholesterol: 111.11mg (37.04%), Sodium: 305.34mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.51%), Vitamin B2: 0.38mg (22.29%), Vitamin E: 2.98mg (19.9%), Phosphorus: 190.41mg (19.04%), Calcium: 185.11mg (18.51%), Selenium: 11.41µg (16.31%), Manganese: 0.28mg (14.08%), Vitamin A: 677.92IU (13.56%), Fiber: 3.35g (13.41%), Folate: 45.8µg (11.45%), Magnesium: 42.74mg (10.68%), Potassium: 351.57mg (10.04%), Vitamin B1: 0.14mg (9.49%), Vitamin B5: 0.85mg (8.47%), Vitamin B12: 0.49µg (8.23%), Iron: 1.36mg (7.57%), Copper: 0.15mg (7.42%), Zinc: 1.03mg (6.89%), Vitamin B6: 0.11mg (5.47%), Vitamin B3: 1.03mg (5.16%), Vitamin C: 4.09mg (4.96%), Vitamin D: 0.61µg (4.04%), Vitamin K: 2.6µg (2.47%)