



Apple Upside-Down Cake

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.3 pounds braeburn apple peeled thinly sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 0.7 cup brown sugar divided packed
- ☐ 2 teaspoons butter
- ☐ 0.7 cup cake flour
- ☐ 1 tablespoon plus dark
- ☐ 2 large egg whites
- ☐ 2 large eggs

- ☐ 0.5 cup flaxseed meal
- ☐ 2 teaspoons orange rind grated
- ☐ 2 tablespoons pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup whipped cream

Equipment

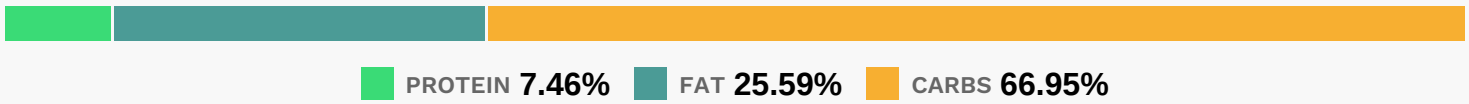
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Melt corn syrup and butter in a 10-inch cast-iron skillet coated with cooking spray over medium-high heat; remove from heat.
- ☐ Sprinkle with 1/2 cup sugar and pecans; arrange apple slices spokelike over brown sugar mixture, working from center of skillet to edge.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, flaxseed meal, baking powder, and salt, stirring with a whisk.
- ☐ Combine 1/3 cup sugar, rind, vanilla, and eggs, stirring with a whisk. Beat egg whites with a mixer at high speed until soft peaks form.
- ☐ Add remaining 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Add whole egg mixture to flour mixture; stir just until moist. Gently fold in egg white mixture.
- ☐ Spoon batter over apples.

- ☐
- Bake at 375 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan with a knife.
- ☐
- Place a plate upside down on top of cake. Invert cake onto plate.
- ☐
- Cut into wedges.
- ☐
- Serve with whipped cream.
- ☐
- Garnish with cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:9.85, Inflammation Score:-4, Nutrition Score:8.266086920448%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 317.87kcal (15.89%), Fat: 9.36g (14.41%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 50.15g (18.24%), Sugar: 41.38g (45.98%), Cholesterol: 52.04mg (17.35%), Sodium: 182.68mg (7.94%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.14g (12.29%), Manganese: 0.5mg (24.86%), Fiber: 4.97g (19.9%), Selenium: 12.79µg (18.28%), Vitamin B1: 0.21mg (13.91%), Magnesium: 54.63mg (13.66%), Phosphorus: 131.33mg (13.13%), Copper: 0.22mg (10.94%), Calcium: 102.14mg (10.21%), Vitamin B2: 0.14mg (8.32%), Iron: 1.34mg (7.45%), Potassium: 260.11mg (7.43%), Vitamin B6: 0.12mg (6.16%), Zinc: 0.86mg (5.7%), Folate: 21.64µg (5.41%), Vitamin C: 4.03mg (4.88%), Vitamin B5: 0.47mg (4.75%), Vitamin A: 166.41IU (3.33%), Vitamin B3: 0.57mg (2.85%), Vitamin E: 0.42mg (2.8%), Vitamin B12: 0.13µg (2.19%), Vitamin K: 2.3µg (2.19%), Vitamin D: 0.26µg (1.77%)