



Apple Upside Down Cake

 Popular

READY IN



105 min.

SERVINGS



8

CALORIES



611 kcal

DESSERT

Ingredients

- ☐ 8 Tbsp butter unsalted softened (1 stick)
- ☐ 1.3 cups granulate sugar white divided ()
- ☐ 1.5 pounds golden delicious apples cored peeled quartered cut into 2 wedges (4 medium)
- ☐ 0.8 cup flour
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup cornmeal
- ☐ 0.5 cup water boiling

- ☐ 1 teaspoon vanilla extract
- ☐ 2 large eggs
- ☐ 0.3 cup milk whole
- ☐ 1 inch cake pan with 1 1/2-inch high sides

Equipment

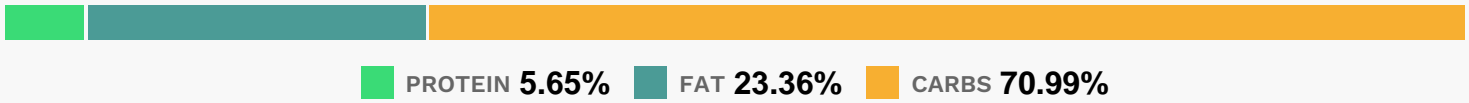
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form
- ☐ wooden spoon

Directions

- ☐ Preheat the oven and prep the cake pan: Preheat your oven to 350°F. Butter the sides of the cake pan. Line the pan with a 10-inch round of parchment paper. The paper will come up 1/2-inch up the sides of the pan. Butter the parchment paper.
- ☐ Make the caramel sauce base: Melt 2 Tbsp butter in a non-stick skillet on medium heat.
- ☐ Add 1/2 cup sugar and cook until sugar dissolves and mixture turns golden brown, stirring occasionally (use a wooden spoon), about 6 minutes.
- ☐ Add apple wedges to the pan and gently stir to distribute the caramel evenly across the apples. Cover the pan and cook until apples release their juices, about 5 minutes. Uncover and cook until apples are tender and caramel thickens and coats the apples, stirring occasionally, about 13 minutes more.
- ☐ Remove apples and caramel sauce and spread evenly in the prepared cake pan.
- ☐ Make the batter:
- ☐ Whisk together the flour, salt, and baking powder in a small bowl and set aside.

- ☐ Place cornmeal in a large mixing bowl.
- ☐ Pour 1/2 cup boiling water over the cornmeal and stir to blend.
- ☐ Add 3/4 cup sugar and 6 Tbsps (3/4 stick) butter to the cornmeal mixture. Beat until well blended. Beat in vanilla and eggs.
- ☐ Beat in the flour, salt, baking powder mixture alternating with the milk.
- ☐ Pour the batter over the apples in the cake pan.
- ☐ Bake:
- ☐ Bake at 350°F until top is golden and a tester inserted into the center comes out clean, about 40 minutes.
- ☐ Cool cake in the pan for 5 minutes. Then run a knife around the edges of the cake to loosen it from the sides of the pan. Carefully invert the cake onto a serving plate or dish, and remove the parchment paper. Cool for 15 minutes.
- ☐ Serve with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:46.95, Glycemic Load:34.7, Inflammation Score:-5, Nutrition Score:11.667826154958%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 610.52kcal (30.53%), Fat: 16.11g (24.78%), Saturated Fat: 8.68g (54.23%), Carbohydrates: 110.16g (36.72%), Net Carbohydrates: 106.75g (38.82%), Sugar: 72.43g (80.48%), Cholesterol: 166.23mg (55.41%), Sodium: 814.3mg (35.4%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 8.77g (17.54%), Selenium: 16.58µg (23.69%),

Vitamin B2: 0.4mg (23.56%), Vitamin B1: 0.35mg (23.16%), Phosphorus: 215.45mg (21.54%), Iron: 3.54mg (19.66%), Folate: 73.09µg (18.27%), Manganese: 0.34mg (17.03%), Calcium: 150.21mg (15.02%), Fiber: 3.41g (13.65%), Vitamin B3: 2.63mg (13.13%), Vitamin A: 617.58IU (12.35%), Vitamin B5: 0.8mg (8%), Vitamin B6: 0.15mg (7.6%), Potassium: 247.76mg (7.08%), Magnesium: 26.89mg (6.72%), Vitamin B12: 0.4µg (6.62%), Zinc: 0.98mg (6.55%), Copper: 0.13mg (6.29%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.75µg (4.98%), Vitamin C: 3.91mg (4.74%), Vitamin K: 3.15µg (3%)