



## Apple Upside-Down Cakes

READY IN



34 min.

SERVINGS



12

CALORIES



399 kcal

DESSERT

### Ingredients

- ☐ 1 cup marzetti's® old fashioned caramel dip
- ☐ 4 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3.4 ounce vanilla pudding mix instant
- ☐ 4 golden delicious apples cored peeled sliced into 1/2-inch pieces
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 18.3 ounce spice cake mix
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons water

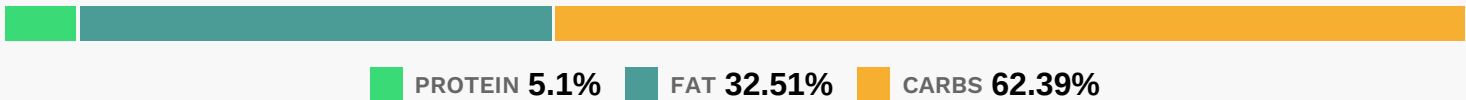
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ microwave
- ☐ muffin tray

# Directions

- ☐ Preheat oven to 350 degrees F. Grease two large six-cup muffin tins.
- ☐ In a microwave safe bowl, combine apples, cinnamon and water and microwave for 3-4 minutes. The apples should be slightly tender.
- ☐ Drain apples and toss with 1 cup Marzetti Old Fashioned Caramel Dip.
- ☐ Divide the apples evenly into each cup.
- ☐ In a large bowl, combine cake mix, pudding, oil, sour cream and eggs and mix on medium speed until smooth. Spoon the batter evenly over apples.
- ☐ Baked 15-18 minutes or until a toothpick inserted into the center of each cake comes out clean.
- ☐ Cool 8 minutes. Invert pan. A few apple pieces may need to be put back into place. Allow cakes to cool.
- ☐ In a microwave safe container, microwave the remaining Marzetti Old Fashioned Caramel Dip for 10-30 seconds, stirring every 10 seconds. Spoon warm caramel over cakes.
- ☐ Serve with whipped cream or ice cream.

# Nutrition Facts



# Properties

Glycemic Index:8.5, Glycemic Load:12.08, Inflammation Score:-2, Nutrition Score:7.6600000029025%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

## Nutrients (% of daily need)

Calories: 399.39kcal (19.97%), Fat: 14.74g (22.68%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 63.64g (21.21%), Net Carbohydrates: 61.35g (22.31%), Sugar: 45.92g (51.03%), Cholesterol: 66.21mg (22.07%), Sodium: 408.47mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Phosphorus: 163.44mg (16.34%), Vitamin B2: 0.25mg (15%), Manganese: 0.28mg (14.18%), Iron: 2.44mg (13.53%), Vitamin K: 12.95µg (12.33%), Vitamin B1: 0.18mg (12.32%), Selenium: 6.63µg (9.47%), Fiber: 2.28g (9.13%), Calcium: 86.86mg (8.69%), Folate: 32.72µg (8.18%), Potassium: 285.08mg (8.15%), Copper: 0.14mg (7.06%), Vitamin B3: 1.2mg (6.01%), Vitamin E: 0.85mg (5.69%), Vitamin B5: 0.53mg (5.32%), Magnesium: 17.99mg (4.5%), Vitamin B6: 0.08mg (4.2%), Vitamin C: 3mg (3.64%), Vitamin B12: 0.22µg (3.63%), Zinc: 0.5mg (3.34%), Vitamin A: 162.43IU (3.25%), Vitamin D: 0.33µg (2.22%)