



Apple Upside-Down Date-Nut Gingerbread Cake

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 0.3 cup firmly brown sugar packed
- 0.3 cup dates pitted chopped
- 1 large eggs
- 0.5 cup yogurt plain fat-free
- 1.3 cups flour all-purpose
- 2 cups apples i use 2 granny smith apples peeled thinly sliced
- 0.3 cup granulated sugar

- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 0.3 cup butter softened
- 1 tablespoon butter melted
- 0.3 cup blackstrap molasses
- 0.1 teaspoon salt
- 3 tablespoons walnuts chopped

Equipment

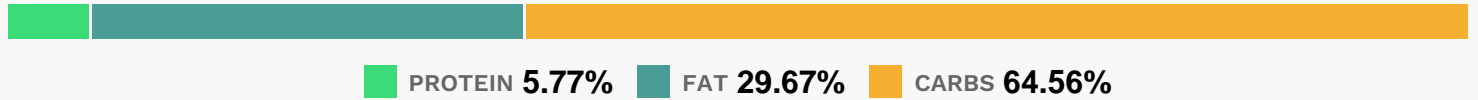
- bowl
- frying pan
- oven
- wire rack
- blender
- cake form
- spatula

Directions

- Preheat oven to 35
- Coat bottom of a 9-inch round cake pan with melted margarine.
- Sprinkle brown sugar over margarine. Arrange apple slices spokelike over brown sugar, working from center of pan to edge; set aside.
- Combine flour and next 6 ingredients (flour through cloves) in a bowl; stir well. Set aside. Beat 1/4 cup margarine and granulated sugar at medium speed of a mixer until well-blended.
- Add molasses and egg; beat well.
- Add flour mixture to creamed mixture alternately with yogurt, beginning and ending with flour mixture; beat well after each addition. Stir in dates and walnuts.

- Pour batter over apple slices.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean.
- Let cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan, using a narrow metal spatula. Invert onto a cake plate; cut into wedges.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:46.01, Glycemic Load:24.56, Inflammation Score:-5, Nutrition Score:8.6252175077148%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 311.04kcal (15.55%), Fat: 10.54g (16.21%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 49.38g (17.96%), Sugar: 33.99g (37.77%), Cholesterol: 23.56mg (7.85%), Sodium: 251.29mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Manganese: 0.66mg (32.9%), Selenium: 12.24µg (17.49%), Magnesium: 53.82mg (13.46%), Vitamin B1: 0.19mg (12.77%), Folate: 46.55µg (11.64%), Iron: 2.03mg (11.28%), Potassium: 381.68mg (10.91%), Vitamin B2: 0.18mg (10.85%), Copper: 0.19mg (9.53%), Fiber: 2.21g (8.84%), Calcium: 85.19mg (8.52%), Phosphorus: 85.13mg (8.51%), Vitamin B6: 0.17mg (8.51%), Vitamin B3: 1.49mg (7.47%), Vitamin A: 370.33IU (7.41%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.57mg (3.81%), Vitamin E: 0.45mg (2.97%), Vitamin B12: 0.16µg (2.63%), Vitamin C: 1.68mg (2.04%), Vitamin K: 1.19µg (1.13%)