



Apple-Walnut Cake with Caramel Glaze

READY IN



130 min.

SERVINGS



16

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 1.5 cups vegetable oil
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons baking soda
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon ground ginger
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 cup walnut pieces chopped
- ☐ 2 cups apples shredded peeled
- ☐ 2 tablespoons butter softened
- ☐ 1 cup powdered sugar
- ☐ 3 tablespoons mrs richardson's butterscotch caramel sauce
- ☐ 1 tablespoon milk
- ☐ 1 serving ground cinnamon

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease 12-cup fluted tube cake pan with shortening; lightly flour.
- ☐ In large bowl, beat brown sugar, oil and eggs with electric mixer on medium speed until light and fluffy.
- ☐ Add remaining ingredients except walnuts and apples; beat on low speed until smooth. With spoon, gently stir in walnuts and apples. Spoon batter into pan.
- ☐ Bake 1 hour to 1 hour 10 minutes or until toothpick inserted near center comes out clean. Cool 10 minutes.
- ☐ Place heatproof plate upside down over pan; turn plate and pan over.
- ☐ Remove pan. Cool 30 minutes.
- ☐ Meanwhile, in medium bowl, beat all glaze ingredients except cinnamon until smooth.
- ☐ Pour glaze over top of cake, allowing some to run down side.
- ☐ Sprinkle with cinnamon.

Nutrition Facts



PROTEIN 5.39% **FAT 28.86%** **CARBS 65.75%**

Properties

Glycemic Index:10.94, Glycemic Load:13.63, Inflammation Score:-3, Nutrition Score:7.2013042854226%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 345.54kcal (17.28%), Fat: 11.35g (17.46%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 58.17g (19.39%), Net Carbohydrates: 56.45g (20.53%), Sugar: 38.12g (42.35%), Cholesterol: 30.8mg (10.27%), Sodium: 223.28mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.53%), Manganese: 0.56mg (28.15%), Selenium: 11.36µg (16.23%), Vitamin B1: 0.22mg (14.38%), Folate: 54.82µg (13.7%), Vitamin B2: 0.17mg (10.14%), Iron: 1.72mg (9.58%), Copper: 0.18mg (8.78%), Vitamin K: 8.32µg (7.92%), Vitamin B3: 1.54mg (7.68%), Phosphorus: 73.06mg (7.31%), Fiber: 1.73g (6.9%), Magnesium: 21.88mg (5.47%), Calcium: 46.78mg (4.68%), Vitamin B6: 0.08mg (4.18%), Vitamin E: 0.58mg (3.88%), Potassium: 130.36mg (3.72%), Zinc: 0.53mg (3.52%), Vitamin B5: 0.33mg (3.3%), Vitamin A: 123.14IU (2.46%), Vitamin B12: 0.09µg (1.45%), Vitamin D: 0.18µg (1.17%), Vitamin C: 0.85mg (1.03%)