



## Brown Sugar-Spice Cake with Caramelized Apples

READY IN



100 min.

SERVINGS



12

CALORIES



367 kcal

DESSERT

### Ingredients

- 0.5 cup butter softened
- 0.5 cup brown sugar packed
- 2 eggs
- 1.3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg

- 0.3 teaspoon ground cloves
- 0.3 teaspoon salt
- 0.5 cup cream sour
- 1 cup apples peeled finely chopped (1 medium)
- 8 cups apples peeled sliced
- 1 cup brown sugar packed
- 1 cup heavy whipping cream

## Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Spray bottom only of 9-inch square pan with baking spray with flour.
- In large bowl, beat butter, 1/2 cup brown sugar and the eggs with electric mixer on low speed until blended; beat on medium speed until well combined. On low speed, beat in flour, baking powder, baking soda, ginger, nutmeg, cloves, salt and sour cream until mixed; beat on medium speed 1 minute. Stir in chopped apple. Spoon batter evenly into pan.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean and top is golden brown. Cool 10 minutes. Run knife around pan to loosen cake.
- Remove cake to heatproof serving plate. Cool cake about 30 minutes.
- Meanwhile, in 12-inch skillet, cook sliced apples and 1 cup brown sugar over medium-high heat 20 to 25 minutes, stirring occasionally, or until apples are tender and caramelized.
- In chilled large deep bowl, beat whipping cream with electric mixer on low speed until cream begins to thicken. Gradually increase speed to high and beat just until soft peaks form. Spoon Caramelized Apples over cake. Top with dollops of whipped cream.

# Nutrition Facts

PROTEIN 3.65% FAT 42.09% CARBS 54.26%

## Properties

Glycemic Index:25.08, Glycemic Load:10.71, Inflammation Score:-6, Nutrition Score:6.140000032342%

## Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## Nutrients (% of daily need)

Calories: 366.55kcal (18.33%), Fat: 17.66g (27.16%), Saturated Fat: 7.41g (46.32%), Carbohydrates: 51.22g (17.07%), Net Carbohydrates: 48.57g (17.66%), Sugar: 37.42g (41.58%), Cholesterol: 55.35mg (18.45%), Sodium: 246.36mg (10.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin A: 779.98IU (15.6%), Selenium: 8µg (11.42%), Fiber: 2.65g (10.58%), Vitamin B2: 0.18mg (10.55%), Manganese: 0.2mg (9.9%), Vitamin B1: 0.13mg (8.55%), Calcium: 80.24mg (8.02%), Folate: 31.91µg (7.98%), Phosphorus: 68.62mg (6.86%), Iron: 1.13mg (6.27%), Potassium: 197.63mg (5.65%), Vitamin C: 4.54mg (5.5%), Vitamin E: 0.77mg (5.13%), Vitamin B3: 0.92mg (4.62%), Vitamin B6: 0.08mg (4.02%), Vitamin B5: 0.35mg (3.54%), Magnesium: 14.07mg (3.52%), Copper: 0.07mg (3.38%), Vitamin D: 0.46µg (3.09%), Vitamin K: 2.96µg (2.82%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.13µg (2.11%)