



WHATSheATE



## Brown-Sugar Spice Cake with Cream and Caramelized Apples



Vegetarian

READY IN



4500 min.

SERVINGS



9

CALORIES



496 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 3.5 pounds gala apple
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cloves

- ☐ 1.3 cups cup heavy whipping cream chilled
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup maple syrup dark
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

## Equipment

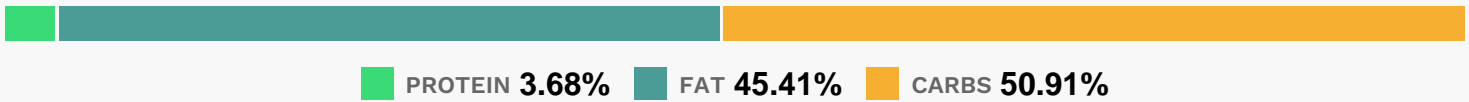
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form
- ☐ skewers

## Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Lightly butter and flour cake pan, knocking out excess flour.
- ☐ Peel and core apples, then cut into 1/2-inch-thick wedges.
- ☐ Spread softened butter in an even layer over bottom of a 12-inch heavy skillet and sprinkle with brown sugar.
- ☐ Add apple wedges and cook over moderate heat, without stirring, until sugar is melted and apples start to give off liquid, about 10 minutes. Cook, stirring occasionally, until apples are just tender and juices become syrupy, about 30 minutes more.

- ☐ Pour syrup from skillet into a small heatproof bowl, then sauté apples, stirring occasionally, until caramelized and very tender, about 30 minutes more. Return syrup to apples and cook until heated through, about 2 minutes.
- ☐ Whisk together flour, baking powder, baking soda, salt, and spices in a bowl.
- ☐ Beat together butter and brown sugar in a large bowl with an electric mixer at medium speed until pale and fluffy. Beat in egg until combined.
- ☐ Add maple syrup, sour cream, and vanilla and beat until combined well. Reduce speed to low and add flour mixture, then mix until just incorporated.
- ☐ Spread batter in cake pan and bake until cake is golden brown and a wooden pick or skewer inserted in center comes out clean, 35 to 40 minutes. Cool in pan on a rack 10 minutes.
- ☐ Beat cream with sour cream and sugar using cleaned beaters at high speed until it just holds soft peaks.
- ☐ Run a thin knife around edge of pan, then invert cake onto a plate and cut into squares.
- ☐ Serve warm or at room temperature, topped with warm apple mixture and cream.
- ☐ ·Caramelized apples can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat over low heat.·Cake can be made 1 day ahead and cooled completely, uncovered, then kept, loosely covered with plastic wrap, at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:43.4, Glycemic Load:24.4, Inflammation Score:-7, Nutrition Score:10.642608798069%

## Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 13.28mg, Epicatechin: 13.28mg, Epicatechin: 13.28mg, Epicatechin: 13.28mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 495.73kcal (24.79%), Fat: 25.74g (39.59%), Saturated Fat: 15.66g (97.87%), Carbohydrates: 64.92g (21.64%), Net Carbohydrates: 60.06g (21.84%), Sugar: 41.2g (45.78%), Cholesterol: 92.67mg (30.89%), Sodium: 289.14mg (12.57%), Alcohol: 0.15g (100%), Alcohol %: 0.07% (100%), Protein: 4.69g (9.39%), Manganese: 0.65mg (32.45%), Vitamin B2: 0.49mg (28.85%), Vitamin A: 1006.69IU (20.13%), Fiber: 4.85g (19.42%), Selenium: 10.48µg (14.97%), Vitamin B1: 0.22mg (14.53%), Folate: 48.71µg (12.18%), Calcium: 121.27mg (12.13%), Vitamin C: 8.47mg (10.27%), Phosphorus: 100.16mg (10.02%), Potassium: 322.9mg (9.23%), Iron: 1.49mg (8.27%), Vitamin B3: 1.46mg (7.32%), Vitamin E: 1.04mg (6.91%), Vitamin K: 6.13µg (5.84%), Magnesium: 23.07mg (5.77%), Vitamin B6: 0.11mg (5.6%), Vitamin D: 0.83µg (5.53%), Copper: 0.1mg (4.8%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.55mg (3.69%), Vitamin B12: 0.15µg (2.51%)