



Buttery Apple Torte



Vegetarian



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 0.5 cup plus 1 tbsp of butter unsalted (8 Tbsp, 1 stick, 4 oz or 125 g)
- ☐ 3 golden delicious apples thick cored peeled cut into slices 1/4 inch (6 mm)
- ☐ 0.7 cup flour all-purpose ()
- ☐ 0.5 teaspoon double-acting baking powder good (See How to Tell if Your Baking Powder is Still)
- ☐ 0.5 teaspoon salt
- ☐ 2 large eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup granulated sugar (6 oz or 185 g)

☐ 0.5 teaspoon lemon zest grated

Equipment

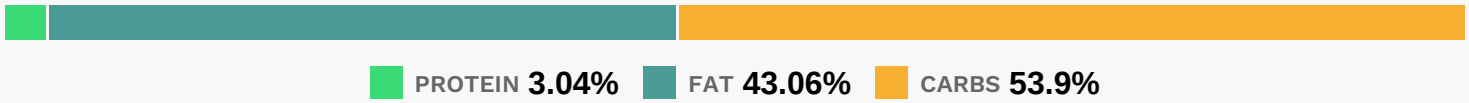
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ aluminum foil
- ☐ stove
- ☐ microwave

Directions

- ☐ Preheat oven and prep cake pan: Preheat an oven to 375°F (190°C). Generously butter an 8 or 9-inch (23 cm) round cake pan with 2 inch (5 cm) sides. Line the bottom of the pan with parchment paper and butter the top of it as well.
- ☐ Cook the apple slices: Melt the butter in the microwave or on the stovetop.
- ☐ Pour 6 Tbsp (3 fl oz or 90 ml) of it into a small bowl or cup and set aside.
- ☐ Add the apple slices and the remaining butter to a large frying pan and cook on medium low heat, stirring occasionally, until the apples are tender, about 10 minutes.
- ☐ Remove from the heat.
- ☐ Make the batter: In a small bowl, stir together the flour, baking powder, and salt. In a large bowl, beat the whole eggs and egg yolk until blended.
- ☐ Add the 6 Tbsp of melted butter, the vanilla, the granulated sugar, and the lemon zest.
- ☐ Stir in the flour mixture and the apples.
- ☐ Spoon batter into the prepared pan, smoothing the top.
- ☐ at 375°F 30–35 minutes. The cake is done when it is browned, and when you press into the top, it bounces back. After about 20 minutes of baking or so, if the top is getting well browned, tent the cake with aluminum foil.

- ☐
- Transfer to a wire rack and let cool in the pan for 5 minutes.
- ☐
- Invert the cake onto a plate and lift off the pan, then invert the cake again onto the rack and let cool completely.

Nutrition Facts



Properties

Glycemic Index:39.89, Glycemic Load:21.4, Inflammation Score:-3, Nutrition Score:3.9534783000531%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 262.63kcal (13.13%), Fat: 12.91g (19.86%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 34.42g (12.52%), Sugar: 25.94g (28.82%), Cholesterol: 76.4mg (25.47%), Sodium: 266.24mg (11.58%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 2.05g (4.1%), Vitamin A: 452.75IU (9.05%), Selenium: 6.17µg (8.81%), Fiber: 1.93g (7.73%), Folate: 27.76µg (6.94%), Vitamin B1: 0.1mg (6.78%), Vitamin B2: 0.1mg (5.92%), Manganese: 0.1mg (4.98%), Phosphorus: 44.26mg (4.43%), Iron: 0.72mg (4.02%), Vitamin C: 3.3mg (4%), Vitamin E: 0.57mg (3.79%), Vitamin B3: 0.69mg (3.43%), Calcium: 29.74mg (2.97%), Potassium: 93.61mg (2.67%), Vitamin K: 2.56µg (2.43%), Vitamin B6: 0.05mg (2.41%), Vitamin B5: 0.23mg (2.31%), Copper: 0.04mg (1.93%), Vitamin B12: 0.11µg (1.78%), Magnesium: 6.35mg (1.59%), Vitamin D: 0.23µg (1.53%), Zinc: 0.21mg (1.43%)