



## Caramel Apple Cake

 Vegetarian

READY IN



150 min.

SERVINGS



10

CALORIES



810 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 5 tablespoons plus light
- 3 large eggs
- 3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup heavy cream
- 0.3 cup orange juice fresh

- 1.8 pounds golden delicious apples
- 1 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 1.5 cups sugar
- 3 cups sugar
- 1 stick butter unsalted softened
- 4 tablespoons butter unsalted plus more for the pan
- 1 tablespoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- blender
- cake form
- stand mixer
- microwave
- spatula
- measuring cup
- measuring spoon
- pot holder
- melon baller

## Directions

- Butter a 9-by-3-inch round cake pan. Make the caramel: Cook the sugar and corn syrup in a large skillet over medium-high heat, stirring occasionally, until the sugar is dissolved and the mixture is dark amber, 7 to 10 minutes.

- Reduce the heat to medium. Carefully add the cream and 4 tablespoons butter (it will splatter) and cook, stirring, until combined, about 3 minutes.
- Remove the skillet from the heat and let sit 1 minute.
- Pour 1 1/2 cups caramel into a glass measuring cup and set aside.
- Pour the remaining caramel into the prepared pan and set aside until set, about 30 minutes.
- Cut 3 apples into quarters and cut out the cores with a paring knife. Arrange the pieces skin-side down in the pan (overlapping them slightly) to form a ring about 1/2 inch from the edge. Save any pieces that do not fit for later.
- Halve the remaining whole apple crosswise. Scoop out the seeds with a melon baller or measuring spoon, leaving the stem on the top half. Chop the bottom and any of the leftover quartered apples into pieces; set aside.
- Arrange the apple top, stem-side down, in the center of the pan. If the quartered apples shift, just push them back into place.
- Whisk the flour, baking powder, baking soda, salt and cinnamon in a medium bowl. In a small bowl, whisk the sour cream, orange juice and vanilla.
- Using a stand mixer with the paddle attachment, beat the butter and sugar on medium-high speed until light and fluffy, about 5 minutes.
- Crack the eggs into a small bowl. Slip them into the mixer bowl, one at a time, and beat until the mixture is pale and creamy, about 5 more minutes. Scrape down the bowl and beater with a rubber spatula.
- With the mixer on low speed, add half of the sour cream mixture, then half of the flour mixture. Repeat. Turn off the mixer and scrape down the bowl with a rubber spatula; finish combining the batter by hand.
- Spread the batter over the apples in the pan. Top with the chopped apple.
- Bake on the middle oven rack until the cake is brown on top and springs back when pressed, 1 hour to 1 hour 20 minutes (don't worry if the top is dark). Cool in the pan on a rack.
- Bring 1 inch of water to a simmer in a skillet wide enough to hold the cake pan. Carefully run a sharp knife around the inside of the pan several times, then rest the pan in the water to soften the caramel, about 8 minutes.
- Remove the pan from the water and dry.
- Invert a plate on top of the cake, then flip over the cake and plate. Using pot holders or a towel, wriggle the pan off. Soften the reserved 1 1/2 cups caramel in the microwave, about 2 minutes.

Drizzle the cake with some of the caramel. Slice and serve with the rest.

Photographs by Kana Okada

## Nutrition Facts

**PROTEIN 3.43%** **FAT 29.02%** **CARBS 67.55%**

### Properties

Glycemic Index:41.52, Glycemic Load:88.68, Inflammation Score:-6, Nutrition Score:10.760000011195%

### Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

### Nutrients (% of daily need)

Calories: 809.85kcal (40.49%), Fat: 26.79g (41.21%), Saturated Fat: 15.87g (99.18%), Carbohydrates: 140.31g (46.77%), Net Carbohydrates: 137.32g (49.94%), Sugar: 108.64g (120.71%), Cholesterol: 125.81mg (41.94%), Sodium: 414.69mg (18.03%), Alcohol: 0.45g (100%), Alcohol %: 0.19% (100%), Protein: 7.13g (14.27%), Selenium: 19.26µg (27.51%), Vitamin B1: 0.34mg (22.39%), Vitamin B2: 0.37mg (21.48%), Folate: 82.69µg (20.67%), Vitamin A: 984.53IU (19.69%), Manganese: 0.32mg (15.79%), Iron: 2.29mg (12.75%), Phosphorus: 124.61mg (12.46%), Fiber: 2.99g (11.96%), Vitamin B3: 2.37mg (11.85%), Calcium: 101.7mg (10.17%), Vitamin C: 8.03mg (9.74%), Vitamin E: 0.98mg (6.55%), Vitamin D: 0.93µg (6.23%), Potassium: 207.81mg (5.94%), Vitamin B5: 0.58mg (5.77%), Copper: 0.11mg (5.25%), Magnesium: 18.63mg (4.66%), Vitamin B6: 0.09mg (4.59%), Zinc: 0.66mg (4.42%), Vitamin K: 4.06µg (3.87%), Vitamin B12: 0.22µg (3.74%)