



Caramel Apple Cake

READY IN



140 min.

SERVINGS



12

CALORIES



372 kcal

DESSERT

Ingredients

- ☐ 1 box spice cake mix
- ☐ 1 large braeburn apple peeled chopped
- ☐ 1 cup pecans chopped toasted
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 3 tablespoons milk
- ☐ 1 teaspoon vanilla
- ☐ 1 cup powdered sugar

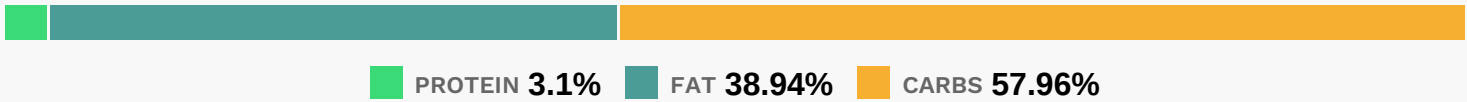
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease 8- or 9-cup fluted tube cake pan with shortening; lightly flour.
- ☐ Make cake mix as directed on box, using water, oil and eggs. Stir apple and 1/2 cup of the pecans into batter.
- ☐ Pour into pan.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.
- ☐ In 2-quart saucepan, mix brown sugar, butter and milk.
- ☐ Heat to boiling over medium heat, stirring constantly with whisk. Boil 1 minute.
- ☐ Remove from heat; stir in vanilla. Gradually stir in powdered sugar until smooth. Stir gently 2 to 3 minutes or until slightly thickened. Immediately spoon glaze over top of cake, allowing some to drizzle down side. Top with remaining 1/2 cup pecans.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:6.6360869096673%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 371.55kcal (18.58%), Fat: 16.47g (25.34%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 53.11g (19.31%), Sugar: 41.28g (45.86%), Cholesterol: 10.62mg (3.54%), Sodium: 317.87mg (13.82%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 2.95g (5.9%), Manganese: 0.66mg (33.1%), Vitamin B1: 0.21mg (14.13%), Iron: 2.35mg (13.05%), Phosphorus: 129.88mg (12.99%), Copper: 0.23mg (11.26%), Fiber: 2.05g (8.2%), Vitamin B2: 0.13mg (7.59%), Potassium: 223.68mg (6.39%), Vitamin B3: 1.24mg (6.2%), Folate: 24.76µg (6.19%), Calcium: 61.46mg (6.15%), Magnesium: 22.38mg (5.59%), Zinc: 0.6mg (3.99%), Vitamin K: 3.83µg (3.64%), Vitamin A: 140.67IU (2.81%), Vitamin B6: 0.05mg (2.53%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.22mg (2.22%), Selenium: 1.54µg (2.2%), Vitamin C: 1.04mg (1.26%)