



Caramel Apple Coffee Cake

READY IN



290 min.

SERVINGS



10

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 10 servings mrs richardson's butterscotch caramel sauce
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 cups apples i use 2 granny smith apples peeled sliced (3 large)
- ☐ 0.7 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 10 servings topping
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract

Equipment

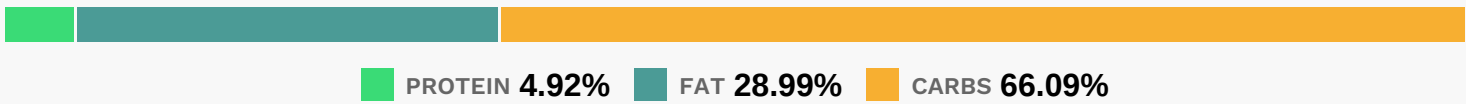
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 350
- ☐ Melt 2 Tbsp. butter in a large skillet over medium-high heat; add apples; saut 5 minutes or until softened.
- ☐ Remove from heat; cool completely (about 30 minutes).
- ☐ Meanwhile, prepare Streusel Topping and Caramel Sauce. Reserve 1/2 cup Caramel Sauce for another use.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla.
- ☐ Pour batter into a greased and floured shiny 9-inch springform pan; top with apples.
- ☐ Drizzle with 1/2 cup Caramel Sauce; sprinkle with Streusel Topping.
- ☐ Bake at 350 for 45 minutes. Cover loosely with aluminum foil to prevent excessive browning; bake 25 to 30 minutes or until center is set. (A wooden pick will not come out clean.) Cool in pan on a wire rack 30 minutes; remove sides of pan. Cool completely on wire rack (about 1 1/2 hours).

Drizzle with 1/2 cup Caramel Sauce.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:29.63, Inflammation Score:-4, Nutrition Score:6.8300000014512%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 405.64kcal (20.28%), Fat: 13.41g (20.63%), Saturated Fat: 7.98g (49.86%), Carbohydrates: 68.76g (22.92%), Net Carbohydrates: 67.16g (24.42%), Sugar: 48g (53.34%), Cholesterol: 69.58mg (23.19%), Sodium: 453.45mg (19.72%), Alcohol: 0.28g (100%), Alcohol %: 0.21% (100%), Protein: 5.12g (10.25%), Selenium: 12.66µg (18.09%), Vitamin B1: 0.22mg (14.46%), Folate: 52.84µg (13.21%), Vitamin B2: 0.21mg (12.45%), Manganese: 0.21mg (10.69%), Phosphorus: 104.9mg (10.49%), Calcium: 102.46mg (10.25%), Vitamin A: 490.23IU (9.8%), Iron: 1.5mg (8.31%), Vitamin B3: 1.55mg (7.73%), Fiber: 1.6g (6.42%), Vitamin B12: 0.27µg (4.56%), Vitamin B5: 0.43mg (4.27%), Potassium: 139.48mg (3.99%), Vitamin E: 0.57mg (3.8%), Magnesium: 13.6mg (3.4%), Copper: 0.06mg (2.96%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.71%), Vitamin D: 0.38µg (2.53%), Vitamin C: 1.93mg (2.34%), Vitamin K: 1.99µg (1.9%)