



Caramel-Apple Coffee Cakes



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 pound apples (12 to 14 apples)
- ☐ 1 teaspoon baking soda
- ☐ 3 large eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2.5 cups pecans divided toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil

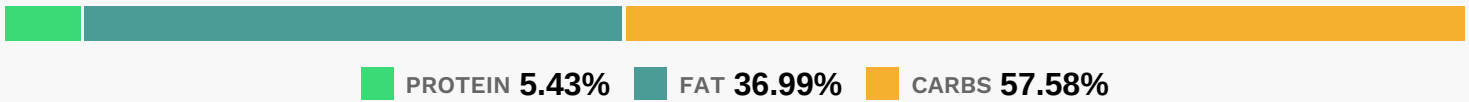
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Peel and finely chop enough apples to equal 3 cups. Set aside.
- ☐ Stir together sugar and next 3 ingredients in a large bowl.
- ☐ Stir together flour and next 3 ingredients; add to sugar mixture, stirring just until blended. (Batter will be stiff.) Fold in finely chopped apples and 1 cup pecans.
- ☐ Divide batter evenly between 2 greased and floured 8-inch round baking pans.
- ☐ Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans, and cool on wire racks. Spoon warm Quick Caramel Frosting evenly over coffee cakes; sprinkle evenly with remaining 1 1/2 cups pecans.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:33.57, Inflammation Score:-4, Nutrition Score:9.9278260780417%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 6.54mg, Epicatechin: 6.54mg, Epicatechin: 6.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 383.03kcal (19.15%), Fat: 16.34g (25.13%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 57.22g (19.07%),
Net Carbohydrates: 52.78g (19.19%), Sugar: 34.64g (38.49%), Cholesterol: 34.88mg (11.63%), Sodium: 156.02mg
(6.78%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.4g (10.79%), Manganese: 1mg (50.23%), Vitamin
B1: 0.31mg (20.98%), Fiber: 4.44g (17.77%), Selenium: 11.63µg (16.61%), Copper: 0.27mg (13.54%), Folate: 53.61µg
(13.4%), Vitamin B2: 0.21mg (12.25%), Iron: 1.82mg (10.11%), Phosphorus: 100.6mg (10.06%), Vitamin B3: 1.67mg
(8.36%), Magnesium: 31.35mg (7.84%), Zinc: 1.1mg (7.32%), Vitamin K: 7.65µg (7.29%), Potassium: 201.18mg (5.75%),
Vitamin C: 4.11mg (4.98%), Vitamin E: 0.73mg (4.88%), Vitamin B6: 0.1mg (4.87%), Vitamin B5: 0.45mg (4.46%),
Calcium: 28.65mg (2.86%), Vitamin A: 106.83IU (2.14%), Vitamin B12: 0.08µg (1.39%), Vitamin D: 0.19µg (1.25%)