



Caramel Apple Gingerbread Cake

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



29 kcal

DESSERT

Ingredients

- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 9 servings whipped cream
- ☐ 14.5 ounce frangelico
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Equipment

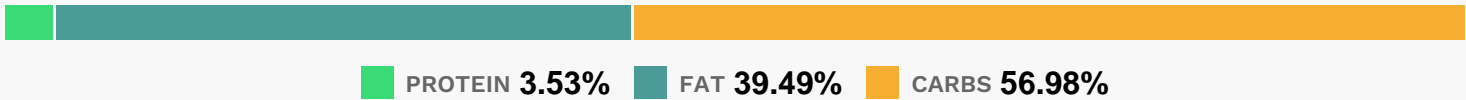
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Lightly grease a 9x9x2-inch baking pan and set aside. In a large mixing bowl prepare gingerbread mix according to package directions (mine just needed an egg and some water). Fold the apple pie filling into the batter.
- ☐ Spread batter into prepared pan.
- ☐ Bake for 30 to 35 minutes or until a toothpick inserted near the center comes out clean.
- ☐ Let cool about 30 minutes.
- ☐ Serve cake with caramel, whipped cream and sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:6.11, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:0.25173912966705%

Nutrients (% of daily need)

Calories: 28.98kcal (1.45%), Fat: 1.33g (2.05%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 4.33g (1.57%), Sugar: 4.06g (4.51%), Cholesterol: 4.56mg (1.52%), Sodium: 21.89mg (0.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%)