



Caramel-Apple Upside-Down Cake

READY IN



105 min.

SERVINGS



8

CALORIES



553 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 0.7 cup brown sugar packed
- 0.5 teaspoon ground cinnamon
- 2 medium apples peeled cut into 1/2-inch wedges
- 1.3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 cup granulated sugar

- 0.5 cup butter softened
- 2 eggs
- 0.5 teaspoon vanilla
- 0.3 cup milk
- 1 cup whipping cream
- 2 tablespoons granulated sugar

Equipment

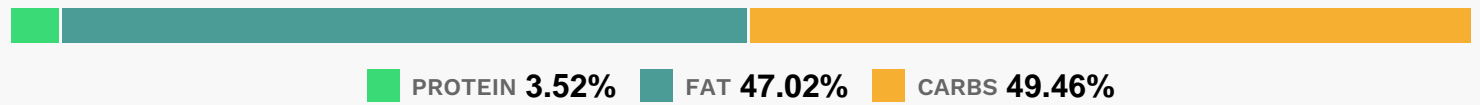
- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- hand mixer
- toothpicks

Directions

- Heat oven to 325°F. Spray bottom and sides of 8- or 9-inch square pan with cooking spray.
- In 1-quart saucepan, melt 1/4 cup butter over medium heat, stirring occasionally. Stir in brown sugar.
- Heat to boiling; remove from heat. Stir in 1/2 teaspoon cinnamon.
- Pour into pan; spread evenly. Arrange apple wedges over brown sugar mixture, overlapping tightly and making 2 layers if necessary.
- In medium bowl, mix flour, baking powder, 1/2 teaspoon cinnamon and the salt; set aside. In large bowl, beat 1 cup granulated sugar and 1/2 cup butter with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in eggs, one at a time, until smooth.
- Add vanilla. Gradually beat in flour mixture alternately with milk, beating after each addition until smooth.
- Spread batter over apple wedges in brown sugar mixture.

- Bake 55 to 65 minutes or until toothpick inserted in center comes out clean. Cool on cooling rack 15 minutes. Meanwhile, in medium bowl, beat whipping cream on high speed until it begins to thicken. Gradually add 2 tablespoons granulated sugar, beating until soft peaks form.
- Run knife around sides of pan to loosen cake.
- Place heatproof serving plate upside down over pan; turn plate and pan over.
- Remove pan.
- Serve warm cake with whipped cream. Store cake loosely covered.

Nutrition Facts



Properties

Glycemic Index:48.4, Glycemic Load:32.97, Inflammation Score:-7, Nutrition Score:7.6599999303403%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 553.03kcal (27.65%), Fat: 29.54g (45.44%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 69.89g (23.3%), Net Carbohydrates: 68.11g (24.77%), Sugar: 51.83g (57.59%), Cholesterol: 75.45mg (25.15%), Sodium: 359.24mg (15.62%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 4.97g (9.95%), Vitamin A: 1295.62IU (25.91%), Selenium: 11.87µg (16.96%), Vitamin B2: 0.25mg (14.41%), Vitamin B1: 0.19mg (12.54%), Folate: 46.26µg (11.57%), Manganese: 0.22mg (10.95%), Calcium: 94.87mg (9.49%), Phosphorus: 91mg (9.1%), Iron: 1.46mg (8.14%), Vitamin E: 1.15mg (7.69%), Fiber: 1.79g (7.15%), Vitamin B3: 1.34mg (6.68%), Vitamin D: 0.78µg (5.2%), Potassium: 161.3mg (4.61%), Vitamin B5: 0.44mg (4.35%), Vitamin B6: 0.07mg (3.57%), Vitamin B12: 0.21µg (3.47%), Magnesium: 13.78mg (3.45%), Copper: 0.07mg (3.26%), Vitamin C: 2.32mg (2.82%), Zinc: 0.42mg (2.81%), Vitamin K: 2.15µg (2.05%)