



Caramel Apple Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



264 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 0.5 teaspoon baking soda
- 0.7 cup brown sugar packed
- 5 tablespoons canola oil
- 0.3 cup caramel topping fat-free
- 1 large eggs lightly beaten
- 2 large egg whites lightly beaten
- 5.5 ounces flour all-purpose

- 10 ounces apples i use 2 granny smith apples peeled thinly sliced
- 0.5 teaspoon ground cinnamon
- 0.5 cup buttermilk low-fat
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup wheat germ toasted

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Coat an 8-inch square baking pan with cooking spray.
- Drizzle caramel over bottom of pan. (Caramel will not completely cover bottom of pan.)
Arrange apple slices over caramel, overlapping slices slightly.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, wheat germ, cinnamon, and salt in a large bowl, stirring with a whisk.
- Combine buttermilk and baking soda in a medium bowl, stirring with a whisk. Stir in applesauce and remaining ingredients.
- Add buttermilk mixture to flour mixture; stir just until blended.
- Pour batter over apple slices in prepared pan.

- Bake at 350 for 35 minutes or until a wooden pick inserted in center of cake comes out clean. Cool 10 minutes in pan on a wire rack.
- Place a plate upside down on top of cake; invert onto plate.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:10.72, Inflammation Score:-3, Nutrition Score:7.1739130693933%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 264.04kcal (13.2%), Fat: 9.01g (13.86%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 40.54g (14.74%), Sugar: 25.94g (28.83%), Cholesterol: 21.2mg (7.07%), Sodium: 199.67mg (8.68%), Alcohol: 0.15g (100%), Alcohol %: 0.15% (100%), Protein: 4.7g (9.4%), Manganese: 0.6mg (29.77%), Selenium: 12.19µg (17.42%), Vitamin B1: 0.21mg (14.14%), Folate: 45.94µg (11.49%), Vitamin B2: 0.19mg (11.32%), Vitamin E: 1.52mg (10.14%), Phosphorus: 77.73mg (7.77%), Fiber: 1.85g (7.41%), Iron: 1.31mg (7.27%), Vitamin B3: 1.32mg (6.61%), Vitamin K: 6.42µg (6.12%), Magnesium: 18.37mg (4.59%), Potassium: 158.87mg (4.54%), Zinc: 0.67mg (4.45%), Calcium: 44.2mg (4.42%), Vitamin B6: 0.09mg (4.35%), Copper: 0.08mg (3.9%), Vitamin B5: 0.34mg (3.44%), Vitamin C: 1.76mg (2.14%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 65.07IU (1.3%)