



## Caramel Apple Upside-Down Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



707 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.8 cups cake flour
- ☐ 2 large eggs
- ☐ 2 pounds golden delicious apples cored peeled cut into 8 wedges
- ☐ 0.5 teaspoon salt
- ☐ 2.3 cups sugar divided
- ☐ 2 tablespoons butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract
- ☐ 6 servings whipped cream

- ☐ 0.3 cup water
- ☐ 0.5 cup milk whole

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ pastry brush
- ☐ pot holder

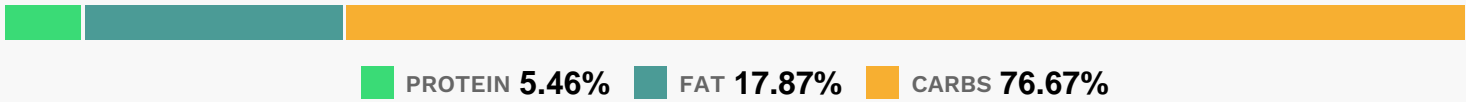
## Directions

- ☐ Combine 1 1/2 cups sugar and 1/4 cup water in heavy small saucepan. Stir over medium heat until sugar dissolves. Increase heat and boil without stirring until color is deep amber, occasionally swirling pan and brushing down sides with pastry brush dipped into water, about 8 minutes. Working quickly, divide hot caramel among six 1 1/4-cup custard cups. Using pot holders to protect hands, tilt and rotate custard cups to cover bottoms with caramel. Set aside.
- ☐ Melt 2 tablespoons butter in large nonstick skillet over medium heat.
- ☐ Add apple wedges and sauté until just tender, about 12 minutes. Arrange apple wedges in bottoms of caramel-lined custard cups.
- ☐ Preheat oven to 325°F. Sift cake flour, baking powder, and salt into medium bowl. Using electric mixer, beat remaining 1/2 cup butter and remaining 3/4 cup sugar in another medium bowl until well blended.
- ☐ Add eggs 1 at a time and beat until well blended after each addition.
- ☐ Mix in vanilla extract. Beat in flour mixture in 3 additions alternately with whole milk in 2 additions. Spoon batter over apples in custard cups, dividing batter equally (about 1/2 cup for each).
- ☐ Bake cakes until light golden around edges and tester inserted into center comes out clean, about 35 minutes. Run small knife around cakes to loosen. Invert cakes onto plates.

☐

Serve warm with vanilla ice cream.

# Nutrition Facts



## Properties

Glycemic Index:60.02, Glycemic Load:84.67, Inflammation Score:-5, Nutrition Score:10.423913095308%

## Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

## Nutrients (% of daily need)

Calories: 707.2kcal (35.36%), Fat: 14.38g (22.13%), Saturated Fat: 7.91g (49.44%), Carbohydrates: 138.83g (46.28%), Net Carbohydrates: 133.87g (48.68%), Sugar: 105.81g (117.56%), Cholesterol: 103.51mg (34.5%), Sodium: 317.37mg (13.8%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 9.88g (19.76%), Selenium: 21.66µg (30.95%), Vitamin B2: 0.34mg (20.02%), Fiber: 4.97g (19.87%), Phosphorus: 183.3mg (18.33%), Manganese: 0.36mg (17.88%), Calcium: 155.31mg (15.53%), Vitamin A: 599.8IU (12%), Potassium: 386.79mg (11.05%), Vitamin B5: 0.97mg (9.72%), Vitamin C: 7.35mg (8.91%), Vitamin B12: 0.52µg (8.72%), Magnesium: 30.72mg (7.68%), Zinc: 1.14mg (7.59%), Vitamin B6: 0.15mg (7.41%), Copper: 0.14mg (7.14%), Folate: 27.84µg (6.96%), Vitamin B1: 0.1mg (6.69%), Vitamin E: 0.91mg (6.06%), Iron: 0.94mg (5.21%), Vitamin D: 0.76µg (5.06%), Vitamin K: 4.07µg (3.88%), Vitamin B3: 0.62mg (3.09%)