



## Chunky Apple Cake with Browned Butter Frosting

READY IN



180 min.

SERVINGS



16

CALORIES



489 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 2 cups granulated sugar
- 3 eggs
- 0.5 teaspoon vanilla
- 2.5 cups flour all-purpose
- 2 teaspoons baking soda
- 0.5 teaspoon salt
- 2 teaspoons ground cinnamon

- 3 cups apples peeled coarsely chopped (3 medium)
- 1 cup walnut pieces chopped
- 0.5 cup butter (do not use margarine)
- 3.3 cups powdered sugar
- 1 teaspoon vanilla
- 1 tablespoons milk

## Equipment

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

## Directions

- Heat oven to 350°F. Spray 12-cup fluted tube cake pan with baking spray with flour.
- In large bowl, beat 1 cup butter and the granulated sugar with electric mixer on medium speed until light and fluffy. Beat in eggs, one at a time, until blended. Stir in 1/2 teaspoon vanilla. Stir in flour, baking soda, salt and cinnamon. Stir in apples and walnuts. Spoon into pan.
- Bake 50 to 65 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes.
- Remove from pan to cooling rack. Cool completely, about 1 hour 30 minutes.
- In 2-quart saucepan, heat 1/2 cup butter over medium heat, stirring constantly, until golden brown. Gradually beat in powdered sugar with spoon. Stir in 1 teaspoon vanilla and enough milk until frosting is smooth and desired spreading consistency. Generously spread frosting over top and partially down side of cake. To serve, cut cake with serrated knife.

# Nutrition Facts

PROTEIN 3.56% FAT 41.39% CARBS 55.05%

## Properties

Glycemic Index:15.01, Glycemic Load:29.21, Inflammation Score:-6, Nutrition Score:6.6947826432145%

## Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 489.24kcal (24.46%), Fat: 23.03g (35.43%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 68.91g (22.97%), Net Carbohydrates: 67.2g (24.44%), Sugar: 51.6g (57.33%), Cholesterol: 30.8mg (10.27%), Sodium: 423.79mg (18.43%), Alcohol: 0.13g (100%), Alcohol %: 0.12% (100%), Protein: 4.46g (8.92%), Manganese: 0.44mg (22%), Vitamin A: 822.16IU (16.44%), Selenium: 9.84µg (14.05%), Vitamin B1: 0.19mg (12.55%), Folate: 47.72µg (11.93%), Vitamin B2: 0.17mg (10.02%), Copper: 0.16mg (8.07%), Iron: 1.34mg (7.45%), Phosphorus: 71.33mg (7.13%), Fiber: 1.71g (6.85%), Vitamin B3: 1.27mg (6.37%), Vitamin E: 0.86mg (5.72%), Magnesium: 18.96mg (4.74%), Vitamin B6: 0.07mg (3.72%), Zinc: 0.49mg (3.28%), Potassium: 102.59mg (2.93%), Vitamin B5: 0.29mg (2.9%), Calcium: 26.74mg (2.67%), Vitamin B12: 0.1µg (1.66%), Vitamin C: 1.23mg (1.49%), Vitamin D: 0.18µg (1.17%)