



Dairy-Free Caramel Apple Pudding Cake

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



711 kcal

DESSERT

Ingredients

- ☐ 0.3 cup double-acting baking powder
- ☐ 0.5 cup dairy-free milk alternative plain
- ☐ 1.5 cups dairy-free baking mix (recipe below or see notes in post)
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons kosher salt
- ☐ 0.8 cup brown sugar light packed
- ☐ 12 servings salt to taste

- ☐ 1.5 cups soy milk plain
- ☐ 2 medium tart apples with 1 tablespoon of lemon juice peeled sliced (approximately 2 cups)
- ☐ 1.5 cups non-hydrogenated vegetable shortening
- ☐ 1 cup water boiling
- ☐ 8 cups a mix of flours

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat your oven to 350°F.
- ☐ Mix the baking mix and the granulated sugar in medium bowl. Stir in the milk alternative until blended.
- ☐ Pour the batter into an ungreased 9×9-inch pan. I've also used an 8×11 inch lasagna pan with success. Arrange the apples on top of the batter.
- ☐ Mix the brown sugar and cinnamon (and salt, if desired) in a small bowl; sprinkle over the apples. Carefully pour the boiling water over apples.
- ☐ Bake 50 to 60 minutes or until a toothpick inserted in the center comes out clean. I find that the homemade baking mix takes a bit longer to cook through. Also, you may need to increase the cooking time slightly if you are using a glass pan.
- ☐ Serve warm.
- ☐ Combine dry ingredients.
- ☐ Add the shortening and mix by hand until well combined. Store in an airtight container in the refrigerator for up to three months. Makes about 10 cups of mix.

Nutrition Facts



Properties

Glycemic Index:27.74, Glycemic Load:49.67, Inflammation Score:-3, Nutrition Score:12.75347823682%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg 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: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 711.18kcal (35.56%), Fat: 28.07g (43.18%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 103.6g (34.53%), Net Carbohydrates: 100.38g (36.5%), Sugar: 29.96g (33.29%), Cholesterol: 0mg (0%), Sodium: 1258.95mg (54.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.98%), Selenium: 34.23µg (48.91%), Calcium: 387.58mg (38.76%), Manganese: 0.7mg (34.82%), Vitamin E: 2.95mg (19.68%), Phosphorus: 192.77mg (19.28%), Vitamin K: 14.58µg (13.88%), Fiber: 3.22g (12.88%), Copper: 0.22mg (10.99%), Vitamin B3: 2.17mg (10.86%), Folate: 41.14µg (10.28%), Iron: 1.66mg (9.2%), Vitamin B2: 0.14mg (8.14%), Vitamin B12: 0.42µg (7.08%), Vitamin B6: 0.14mg (7.05%), Vitamin B1: 0.1mg (6.76%), Magnesium: 25.18mg (6.3%), Vitamin B5: 0.58mg (5.76%), Zinc: 0.83mg (5.5%), Potassium: 191.22mg (5.46%), Vitamin C: 4.23mg (5.13%), Vitamin A: 172.87IU (3.46%), Vitamin D: 0.47µg (3.15%)