



Danish Apple-Almond Cake

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



228 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 0.5 cup granulated sugar
- 3 eggs
- 1 teaspoon almond extract
- 3 medium apples peeled cut into eighths
- 1 teaspoon powdered sugar
- 0.3 cup almonds toasted sliced
- 1.5 cups frangelico

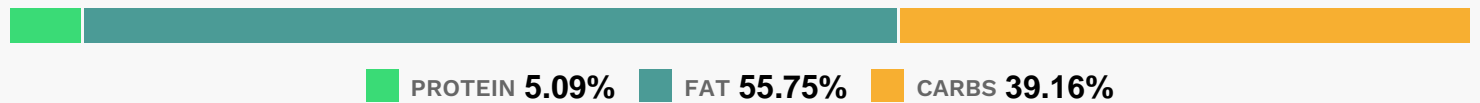
Equipment

- bowl
- frying pan
- oven
- hand mixer
- springform pan

Directions

- Heat oven to 325°F. Spray bottom of 9-inch springform pan with cooking spray.
- In large bowl, beat butter and granulated sugar with electric mixer on high speed 1 minute.
- Add eggs and almond extract; beat on medium speed about 10 seconds.
- Add Bisquick mix; beat on medium speed about 30 seconds or until combined.
- Spread batter in bottom of pan. Press apple pieces, cut sides down, into batter.
- Bake 1 hour to 1 hour 10 minutes or until apples are tender and cake is golden brown.
- Cool 30 minutes at room temperature.
- Remove side of pan. Sift or sprinkle powdered sugar over top of cake; sprinkle with almonds.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:11.24, Inflammation Score:-5, Nutrition Score:4.1626087142074%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg
Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg
Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg
Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg
Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 228.28kcal (11.41%), Fat: 14.58g (22.43%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 23.05g (7.68%),
Net Carbohydrates: 21.05g (7.66%), Sugar: 20.07g (22.3%), Cholesterol: 61.38mg (20.46%), Sodium: 158.1mg
(6.87%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 2.99g (5.99%), Vitamin A: 633.47IU (12.67%),
Vitamin E: 1.47mg (9.81%), Fiber: 2g (7.99%), Vitamin B2: 0.13mg (7.89%), Selenium: 5.26µg (7.51%), Phosphorus:
57.3mg (5.73%), Manganese: 0.1mg (4.79%), Vitamin C: 3.17mg (3.84%), Potassium: 123.82mg (3.54%), Magnesium:
13.64mg (3.41%), Vitamin B5: 0.32mg (3.2%), Vitamin B6: 0.06mg (3.07%), Copper: 0.06mg (3.06%), Folate: 11.21µg
(2.8%), Iron: 0.48mg (2.69%), Vitamin B12: 0.16µg (2.68%), Calcium: 25.51mg (2.55%), Zinc: 0.33mg (2.21%), Vitamin
D: 0.33µg (2.2%), Vitamin B1: 0.03mg (1.7%), Vitamin K: 1.55µg (1.48%)