



WHATSheATE



Double-Caramel Turtle Cake



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 0.7 cup apples fat-free (such as T. Marzetti's)
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 large eggs
- ☐ 2 tablespoons skim milk fat-free

- ☐ 1 tablespoon flour all-purpose
- ☐ 7.5 ounces flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 2 cups powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups water boiling

Equipment

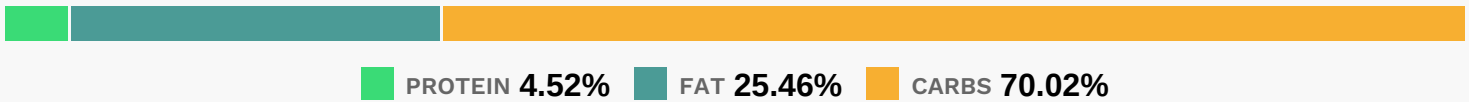
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ ziploc bags
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat bottoms of 2 (8-inch) round cake pans with cooking spray (do not coat sides of pans); line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.
- ☐ Combine boiling water and cocoa, stirring well with a whisk. Cool completely.

- ☐ Place granulated sugar, 6 tablespoons butter, and vanilla in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition. Lightly spoon 1 2/3 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 2/3 cups flour, baking soda, baking powder, and salt, stirring well with a whisk.
- ☐ Add flour mixture and cocoa mixture alternately to sugar mixture, beginning and ending with flour mixture.
- ☐ Pour batter into prepared pans; sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.
- ☐ To prepare frosting, melt 2 tablespoons butter in a small saucepan over medium heat.
- ☐ Add brown sugar and 2 tablespoons milk; cook 1 minute or until sugar melts.
- ☐ Remove from heat; cool slightly.
- ☐ Combine butter mixture and 2 teaspoons vanilla in a large bowl. Gradually add powdered sugar; beat with a mixer at medium speed until smooth.
- ☐ Add additional milk, 1 teaspoon at a time, beating until spreading consistency.
- ☐ Place 1 cake layer on a plate; spread top with half of frosting.
- ☐ Place caramel dip in a small zip-top plastic bag. Snip a small hole in 1 corner of bag; drizzle half of caramel dip over frosting. Top with other cake layer.
- ☐ Spread remaining frosting over top of cake; drizzle with remaining caramel dip.
- ☐ Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:20.96, Inflammation Score:-3, Nutrition Score:5.1786955854167%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin:

8.32mg, Epicatechin: 8.32mg, Epicatechin: 8.32mg, Epicatechin: 8.32mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 279.37kcal (13.97%), Fat: 8.26g (12.7%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 48.94g (17.8%), Sugar: 37.65g (41.83%), Cholesterol: 38.36mg (12.79%), Sodium: 183.06mg (7.96%), Alcohol: 0.26g (100%), Alcohol %: 0.33% (100%), Caffeine: 9.27mg (3.09%), Protein: 3.3g (6.59%), Manganese: 0.33mg (16.71%), Selenium: 7.58µg (10.82%), Copper: 0.21mg (10.35%), Fiber: 2.15g (8.61%), Vitamin B1: 0.13mg (8.48%), Iron: 1.42mg (7.91%), Folate: 30.22µg (7.55%), Vitamin B2: 0.12mg (7.16%), Phosphorus: 70.09mg (7.01%), Magnesium: 27.25mg (6.81%), Vitamin B3: 0.94mg (4.71%), Vitamin A: 216.27IU (4.33%), Zinc: 0.55mg (3.69%), Calcium: 31.36mg (3.14%), Potassium: 108.39mg (3.1%), Vitamin B5: 0.2mg (2.03%), Vitamin E: 0.27mg (1.82%), Vitamin B6: 0.03mg (1.5%), Vitamin B12: 0.08µg (1.31%)