



## Dried-Apple Stack Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



360 kcal

DESSERT

### Ingredients

- ☐ 4 cups unfiltered apple cider
- ☐ 4 cups unsulfured apples dried
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 tablespoon cider vinegar
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon mace
- ☐ 6 tablespoons brown sugar light packed
- ☐ 12 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.5 cup blackstrap molasses (not robust or blackstrap)
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted softened
- ☐ 3 cups water
- ☐ 0.5 cup milk whole

## Equipment

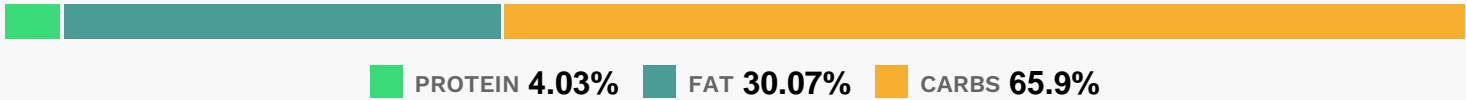
- ☐ oven
- ☐ pot
- ☐ hand mixer
- ☐ potato masher
- ☐ muffin liners

## Directions

- ☐ Simmer all filling ingredients and a pinch of salt in a 4- to 5-quart heavy pot, uncovered, stirring occasionally and mashing apples with a potato masher as they soften, until a thick purée forms, about 1 1/2 hours. Cool completely.
- ☐ Preheat oven to 350°F with rack in middle. Butter muffin cups.
- ☐ Stir together milk and vinegar and let stand 10 minutes to curdle.
- ☐ Sift together flour, baking soda, salt, ginger, and cloves.
- ☐ Beat butter and brown sugar with an electric mixer at medium speed until pale and fluffy, about 3 minutes. Beat in molasses and egg. At low speed, add flour mixture in 3 batches alternately with curdled milk, beginning and ending with flour mixture and mixing until each addition is just incorporated.
- ☐ Spread 1 heaping tablespoon batter in each muffin cup and bake just until a wooden pick inserted in center of a cake comes out clean with some crumbs adhering, 11 to 13 minutes. Cool 5 minutes in pans on racks, then invert onto racks to cool completely.

- ☐ Spread about 2 tablespoons filling on top of 1 cake and invert another cake over filling, then spread a heaping tablespoon filling on top. Make 11 more stacks (you will have about 2 cups filling left over).
- ☐ Transfer to an airtight container and chill at least 2 days for flavors to develop. Bring to room temperature before serving.
- ☐ ·Cakes can be assembled 3 days ahead and chilled in an airtight container.·Leftover filling can be used like apple butter.

## Nutrition Facts



## Properties

Glycemic Index:22.23, Glycemic Load:24.61, Inflammation Score:-5, Nutrition Score:8.3821738958359%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 360.03kcal (18%), Fat: 12.39g (19.07%), Saturated Fat: 7.44g (46.52%), Carbohydrates: 61.13g (20.38%), Net Carbohydrates: 57.88g (21.05%), Sugar: 41.92g (46.58%), Cholesterol: 52.32mg (17.44%), Sodium: 197.22mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.47%), Manganese: 0.48mg (24.12%), Selenium: 11.68µg (16.68%), Potassium: 468.46mg (13.38%), Fiber: 3.25g (12.98%), Vitamin B1: 0.19mg (12.92%), Iron: 2.27mg (12.63%), Magnesium: 50.45mg (12.61%), Vitamin B2: 0.2mg (11.66%), Folate: 40.43µg (10.11%), Copper: 0.18mg (9.08%), Vitamin A: 432.89IU (8.66%), Vitamin B3: 1.72mg (8.58%), Vitamin B6: 0.17mg (8.49%), Calcium: 76.45mg (7.65%), Phosphorus: 63.98mg (6.4%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.38mg (2.56%), Zinc: 0.37mg (2.5%), Vitamin C: 1.93mg (2.34%), Vitamin D: 0.3µg (2%), Vitamin B12: 0.1µg (1.73%), Vitamin K: 1.47µg (1.4%)