



Fresh Apple Upside-Down Cake

 Vegetarian

READY IN



27 min.

SERVINGS



8

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter divided softened
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 3 large granny smith apples peeled cut into 1/2-inch-thick slices
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 1 cup pecans divided toasted chopped

☐

2 cups sugar divided

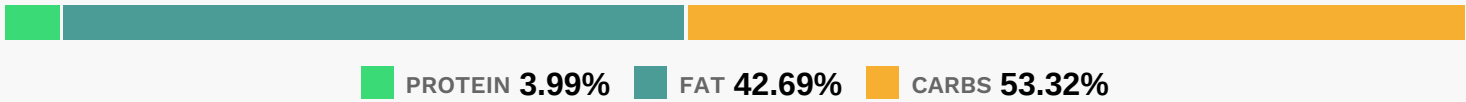
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Melt 1/4 cup butter in a 10-inch cast-iron skillet over medium-high heat; add 1 cup sugar, and cook, stirring often, 2 minutes or until sugar is melted and begins to turn golden.
- ☐ Add apple slices, and cook, stirring often, 5 minutes or until apples have softened slightly and juices are thickened and syrupy.
- ☐ Remove skillet from heat, and sprinkle apple mixture with 1/2 cup pecans. Set aside.
- ☐ Beat remaining 1/2 cup butter at medium speed with an electric mixer until creamy. Gradually add remaining 1 cup sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together flour, baking powder, and cinnamon; add to butter mixture alternately with milk, beating at low speed just until blended, beginning and ending with flour mixture. Stir in remaining 1/2 cup pecans. Spoon batter evenly over apple mixture in skillet.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in skillet 5 minutes; invert onto serving plate.

Nutrition Facts



Properties

Glycemic Index:46.51, Glycemic Load:51.36, Inflammation Score:-6, Nutrition Score:10.632173807725%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.98mg,

Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.41mg, Epicatechin: 6.41mg, Epicatechin: 6.41mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 595.94kcal (29.8%), Fat: 29.28g (45.05%), Saturated Fat: 12.52g (78.23%), Carbohydrates: 82.27g (27.42%), Net Carbohydrates: 78.19g (28.43%), Sugar: 60g (66.67%), Cholesterol: 94.08mg (31.36%), Sodium: 215.21mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Manganese: 0.85mg (42.6%), Vitamin B1: 0.3mg (20.19%), Selenium: 13.11µg (18.73%), Fiber: 4.08g (16.33%), Vitamin B2: 0.25mg (14.72%), Folate: 54.93µg (13.73%), Vitamin A: 677.55IU (13.55%), Phosphorus: 128.63mg (12.86%), Copper: 0.23mg (11.67%), Iron: 1.86mg (10.31%), Vitamin B3: 1.66mg (8.28%), Calcium: 81.32mg (8.13%), Magnesium: 29.86mg (7.47%), Zinc: 1.07mg (7.12%), Vitamin E: 0.99mg (6.62%), Potassium: 217.83mg (6.22%), Vitamin B5: 0.54mg (5.44%), Vitamin B6: 0.1mg (5.24%), Vitamin C: 4.01mg (4.86%), Vitamin K: 4.04µg (3.85%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.42µg (2.79%)