



## Gluten-Free Warm Caramel Apple Cake

READY IN



95 min.

SERVINGS



9

CALORIES



269 kcal

DESSERT

### Ingredients

- 0.3 cup butter
- 2 tablespoons whipping cream
- 0.5 cup brown sugar packed
- 0.5 cup pecans chopped
- 1 large baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced
- 15 oz betty crocker's cake mix gluten free yellow
- 0.3 teaspoon apple pie spice
- 0.7 cup water

- 0.5 cup butter softened
- 3 eggs

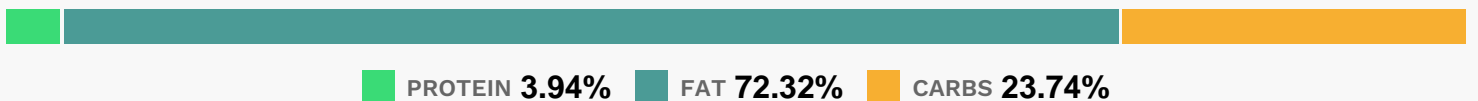
## Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- microwave

## Directions

- Heat oven to 350°F. In medium microwavable bowl, microwave butter, whipping cream and brown sugar uncovered on High about 1 minute or just until butter is melted.
- Pour into ungreased 9-inch or 8-inch square pan.
- Sprinkle with pecans. Top with apple slices.
- In large bowl, beat cake mix, apple pie spice, water, butter and eggs with electric mixer on low speed until moistened, then beat on medium speed 2 minutes, scraping bowl occasionally.
- Spread batter over apple mixture.
- Bake 9-inch pan 50 to 55 minutes, 8-inch pan 60 to 65 minutes, or until toothpick inserted near center comes out clean. Cool in pan 10 minutes. Loosen sides of cake from pan.
- Place heatproof serving platter upside down on pan; carefully turn platter and pan over.
- Let pan remain over cake 1 minute so caramel can drizzle over cake.
- Remove pan.

## Nutrition Facts



## Properties

Glycemic Index:15.78, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:4.2378260830174%

## Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 269.3kcal (13.47%), Fat: 22.35g (34.38%), Saturated Fat: 11.33g (70.84%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.32g (5.57%), Sugar: 14.84g (16.49%), Cholesterol: 99mg (33%), Sodium: 147.94mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Manganese: 0.3mg (15.1%), Vitamin A: 617.84IU (12.36%), Selenium: 5.17µg (7.39%), Phosphorus: 55.57mg (5.56%), Vitamin B2: 0.09mg (5.54%), Vitamin E: 0.75mg (5.03%), Copper: 0.1mg (4.96%), Fiber: 1.18g (4.74%), Vitamin B1: 0.05mg (3.45%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.51mg (3.37%), Calcium: 31.73mg (3.17%), Magnesium: 12.29mg (3.07%), Iron: 0.54mg (3.02%), Vitamin B12: 0.17µg (2.8%), Potassium: 95.91mg (2.74%), Vitamin B6: 0.05mg (2.74%), Folate: 9.81µg (2.45%), Vitamin D: 0.35µg (2.31%), Vitamin K: 2.25µg (2.14%), Vitamin C: 1.24mg (1.5%)