



Honey Gingerbread Cakes with Caramel Apple Topping

READY IN



45 min.

SERVINGS



12

CALORIES



383 kcal

DESSERT

Ingredients

- 1.8 cups flour all-purpose
- 0.5 cup brown sugar packed
- 1 teaspoon baking soda
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 0.3 teaspoon ground cloves
- 0.5 cup butter melted

- 0.5 cup water boiling
- 0.3 cup honey
- 0.3 cup blackstrap molasses
- 1 eggs slightly beaten
- 0.3 cup butter
- 1 cup brown sugar packed
- 5 cups apples peeled finely chopped
- 1 Dash salt
- 0.5 cup whipping cream
- 0.5 teaspoon vanilla

Equipment

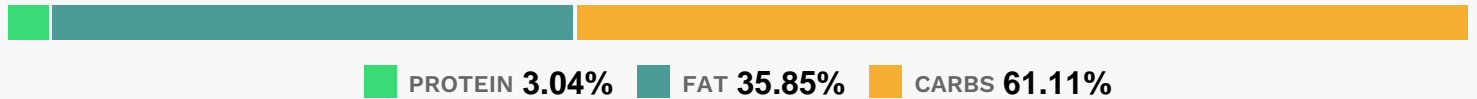
- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 12 regular-size muffin cups. In large bowl, stir together flour, 1/2 cup brown sugar, the baking soda, ginger, cinnamon, 1/2 teaspoon salt and the cloves. With spoon or wire whisk, stir in remaining cake ingredients until well blended. Divide batter evenly among muffin cups.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 10 minutes.
- Remove from pan; carefully remove paper baking cups from cakes.

- Meanwhile, in 10-inch skillet, melt 1/4 cup butter over medium-high heat. Stir in 1 cup brown sugar, the apples and dash of salt; cook 4 to 5 minutes, stirring frequently, until brown sugar is dissolved and mixture boils. Boil 10 minutes, stirring frequently, until apples are tender and syrup thickens. Stir in whipping cream. Return to boiling; boil 3 minutes, stirring constantly, until mixture thickens and apples look glazed.
- Remove from heat; stir in vanilla.
- To serve, cut cakes in half horizontally.
- Place bottom halves on small dessert plates; spoon a heaping tablespoon topping over each bottom half.
- Add tops of cakes; spoon a heaping tablespoon topping on top of each, letting topping run down sides and onto plates.

Nutrition Facts



Properties

Glycemic Index:17.36, Glycemic Load:17.31, Inflammation Score:-6, Nutrition Score:6.6417390937391%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 382.86kcal (19.14%), Fat: 15.65g (24.07%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 60g (20%), Net Carbohydrates: 58.09g (21.12%), Sugar: 43.52g (48.36%), Cholesterol: 24.85mg (8.28%), Sodium: 345.19mg (15.01%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 2.98g (5.97%), Manganese: 0.44mg (22.01%), Vitamin A: 701.85IU (14.04%), Selenium: 9.43µg (13.48%), Vitamin B1: 0.16mg (10.66%), Folate: 37.66µg (9.42%), Iron: 1.62mg (9.03%), Vitamin B2: 0.15mg (8.7%), Fiber: 1.91g (7.62%), Magnesium: 28.82mg (7.21%), Potassium: 244.24mg (6.98%), Vitamin B3: 1.28mg (6.38%), Calcium: 59.04mg (5.9%), Vitamin B6: 0.1mg (5.15%), Copper: 0.1mg (4.89%), Phosphorus: 45.97mg (4.6%), Vitamin E: 0.68mg (4.55%), Vitamin C: 2.53mg (3.06%), Vitamin B5: 0.31mg (3.05%),

Zinc: 0.28mg (1.88%), Vitamin K: 1.64µg (1.56%), Vitamin D: 0.23µg (1.55%), Vitamin B12: 0.06µg (1.04%)