



Honeyed Apple Torte

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 granny smith apples peeled cut into 8 wedges (1 1/4 pounds)
- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons stick margarine softened
- ☐ 1 teaspoon vanilla extract

Equipment

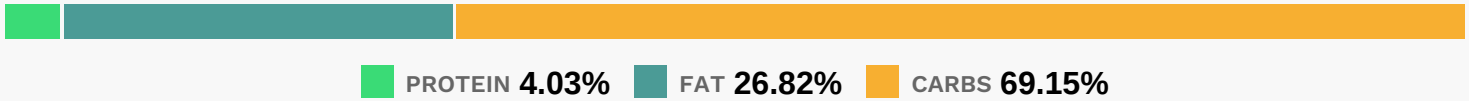
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ measuring cup
- ☐ slotted spoon
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ Combine honey and lemon juice in a large nonstick skillet; bring to a simmer over medium heat.
- ☐ Add apples; cook 14 minutes or until almost tender, stirring frequently.
- ☐ Remove from heat; set aside.
- ☐ Beat 3/4 cup granulated sugar, butter, brown sugar, and vanilla at medium speed of a mixer until well-blended (about 4 minutes).
- ☐ Add the eggs, 1 at a time, beating well after each addition. Beat in lemon rind. Lightly spoon flour into a dry measuring cup, and level with a knife.

- ☐
- Combine the flour, baking powder, and salt, stirring well with a whisk. Gradually add flour mixture to sugar mixture, beating at low speed until blended.
- ☐
- Pour batter into a 9-inch springform pan coated with cooking spray.
- ☐
- Remove apples from skillet with a slotted spoon; discard remaining liquid. Arrange apple slices spokelike on top of batter, pressing slices gently into batter.
- ☐
- Combine 1 tablespoon granulated sugar and cinnamon; sprinkle evenly over apples.
- ☐
- Bake at 350 for 1 hour or until cake springs back when touched lightly in center. Cool in pan on a wire rack.
- ☐
- Cut into wedges using a serrated knife.

Nutrition Facts



Properties

Glycemic Index:39.65, Glycemic Load:25.16, Inflammation Score:-4, Nutrition Score:4.4269565499347%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg 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 Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 271.97kcal (13.6%), Fat: 8.37g (12.88%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 46.79g (17.02%), Sugar: 36.67g (40.74%), Cholesterol: 37.2mg (12.4%), Sodium: 201.44mg (8.76%), Alcohol: 0.14g (100%), Alcohol %: 0.14% (100%), Protein: 2.83g (5.66%), Selenium: 7.57µg (10.81%), Vitamin A: 401.41IU (8.03%), Vitamin B2: 0.13mg (7.84%), Vitamin B1: 0.11mg (7.55%), Folate: 30.21µg (7.55%), Fiber: 1.75g (7.02%), Manganese: 0.14mg (6.97%), Iron: 0.97mg (5.4%), Phosphorus: 51.13mg (5.11%), Vitamin C: 4.01mg (4.86%), Calcium: 43.85mg (4.39%), Vitamin B3: 0.82mg (4.12%), Vitamin E: 0.49mg (3.29%), Potassium: 107.36mg (3.07%), Vitamin B5: 0.27mg (2.69%), Vitamin B6: 0.05mg (2.63%), Copper: 0.05mg (2.46%), Magnesium: 8.09mg (2.02%),

Zinc: 0.27mg (1.81%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.3µg (1.24%)