



Salted Caramel Apple Cake

READY IN



80 min.

SERVINGS



16

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 13.9 oz corn muffin mix quick
- ☐ 1.3 cups milk
- ☐ 0.5 cup vegetable oil
- ☐ 4 eggs
- ☐ 3 cups apples peeled chopped (3 medium)
- ☐ 1 cup mrs richardson's butterscotch caramel sauce thick
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon sea salt

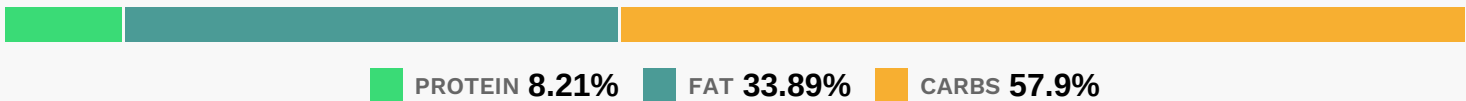
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Grease 10-inch angel food (tube) cake pan with shortening; lightly flour.
- ☐ In large bowl, stir muffin mix, streusel (from muffin mix box), milk, oil and eggs just until blended (batter will be lumpy). Spoon half of the batter into pan.
- ☐ Sprinkle with half of the apples. Repeat with remaining batter and apples.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 15 minutes; remove from pan to serving plate.
- ☐ Pour caramel topping over cake.
- ☐ Sprinkle with pecans and salt.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:1.23, Inflammation Score:-2, Nutrition Score:5.4439129725746%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

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: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 201.31kcal (10.07%), Fat: 7.74g (11.91%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 27.37g (9.95%), Sugar: 16.61g (18.45%), Cholesterol: 43.85mg (14.62%), Sodium: 345.63mg (15.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Phosphorus: 177.13mg (17.71%), Manganese: 0.2mg (9.96%), Fiber: 2.38g (9.53%), Vitamin B1: 0.14mg (9.33%), Vitamin B2: 0.15mg (9.08%), Selenium: 5.41µg (7.73%), Folate: 29.56µg (7.39%), Calcium: 55.17mg (5.52%), Iron: 0.89mg (4.97%), Vitamin B3: 0.9mg (4.5%), Vitamin B12: 0.26µg (4.25%), Vitamin K: 4.43µg (4.22%), Vitamin B5: 0.42mg (4.19%), Vitamin B6: 0.08mg (3.85%), Magnesium: 14.3mg (3.57%), Potassium: 117.24mg (3.35%), Zinc: 0.48mg (3.19%), Copper: 0.06mg (3.13%), Vitamin D: 0.44µg (2.96%), Vitamin A: 147.3IU (2.95%), Vitamin E: 0.36mg (2.38%), Vitamin C: 1.2mg (1.45%)