



Slow-Cooker Apple Gingerbread Pudding Cake

 Vegetarian

READY IN



170 min.

SERVINGS



6

CALORIES



396 kcal

DESSERT

Ingredients

- 1.3 cups apple cider
- 3 medium apples peeled cut into 1/2-inch cubes
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 2 tablespoons butter
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon

- 0.8 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil
- 0.5 cup water

Equipment

- bowl
- toothpicks
- microwave
- measuring cup
- slow cooker

Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Place apples evenly in bottom.
- In medium bowl, stir flour, granulated sugar, baking soda, salt, ginger, cinnamon and nutmeg until well mixed. In small bowl, mix water, molasses and oil until well mixed. Stir into flour mixture just until moistened.
- Spread over apples in slow cooker.
- Sprinkle with brown sugar.
- In 2-cup microwavable measuring cup, mix apple cider and butter. Microwave uncovered on High 2 to 3 minutes or until butter is melted and mixture is boiling.
- Pour over mixture in slow cooker.
- Cover; cook on High heat setting 2 hours 15 minutes to 2 hours 45 minutes or until toothpick inserted in center comes out clean. Turn off slow cooker; uncover.
- Let stand 15 minutes.
- Serve warm.

Nutrition Facts

PROTEIN 3.02% FAT 19.65% CARBS 77.33%

Properties

Glycemic Index:64.47, Glycemic Load:31.91, Inflammation Score:-5, Nutrition Score:9.2982608598212%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.17mg, Epicatechin: 9.17mg, Epicatechin: 9.17mg, Epicatechin: 9.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 395.99kcal (19.8%), Fat: 8.88g (13.66%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 78.61g (26.2%), Net Carbohydrates: 75.49g (27.45%), Sugar: 54.39g (60.43%), Cholesterol: 10.03mg (3.34%), Sodium: 325.93mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.66mg (32.97%), Selenium: 12.67µg (18.11%), Vitamin B1: 0.24mg (15.9%), Magnesium: 60.78mg (15.19%), Iron: 2.46mg (13.68%), Potassium: 478.24mg (13.66%), Folate: 50.82µg (12.7%), Fiber: 3.13g (12.51%), Vitamin K: 10.8µg (10.28%), Vitamin B2: 0.16mg (9.69%), Vitamin B6: 0.19mg (9.63%), Vitamin B3: 1.88mg (9.4%), Copper: 0.17mg (8.71%), Calcium: 70.86mg (7.09%), Vitamin C: 4.64mg (5.62%), Phosphorus: 49.94mg (4.99%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.38mg (3.75%), Vitamin A: 166.9IU (3.34%), Zinc: 0.31mg (2.06%)