



## Sugar and Spice Apple Cake

 Gluten Free

READY IN



50 min.

SERVINGS



9

CALORIES



111 kcal

DESSERT

### Ingredients

- 2 tablespoons sugar
- 0.5 cup milk
- 2 tablespoons butter softened
- 1 eggs
- 1 cup apples red unpeeled thinly sliced
- 0.3 cup butter melted
- 2 tablespoons sugar
- 0.5 teaspoon ground cinnamon

2 cups frangelico

## Equipment

bowl

frying pan

oven

serrated knife

## Directions

Heat oven to 400°F. Spray 9-inch square pan with cooking spray. In medium bowl, stir Bisquick mix, 2 tablespoons sugar, the milk, 2 tablespoons butter and egg until well blended.

Spread batter evenly in pan.

Arrange apple slices in 3 rows, overlapping slices slightly, on batter.

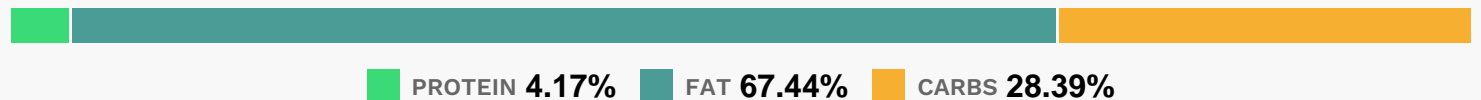
Brush 1/4 cup melted butter over tops of apple slices.

In small bowl, mix 2 tablespoons sugar and the cinnamon; sprinkle over apples.

Bake 16 to 18 minutes or until edges are golden brown. Cool 15 minutes before serving.

Cut with serrated knife into squares.

## Nutrition Facts



## Properties

Glycemic Index:23.91, Glycemic Load:4.47, Inflammation Score:-3, Nutrition Score:1.6139130546995%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 110.86kcal (5.54%), Fat: 8.52g (13.11%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.68g (2.79%), Sugar: 7.44g (8.27%), Cholesterol: 19.81mg (6.6%), Sodium: 101.1mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin A: 393.02IU (7.86%), Vitamin B2: 0.05mg (2.89%), Phosphorus: 27.14mg (2.71%), Selenium: 1.79µg (2.56%), Vitamin E: 0.38mg (2.52%), Calcium: 24.24mg (2.42%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.25µg (1.65%), Fiber: 0.39g (1.57%), Vitamin B5: 0.14mg (1.42%), Potassium: 46.48mg (1.33%), Manganese: 0.03mg (1.32%), Vitamin B6: 0.02mg (1.16%)