



Sugar and Spice Apple Cake

 Gluten Free

READY IN



50 min.

SERVINGS



9

CALORIES



101 kcal

DESSERT

Ingredients

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

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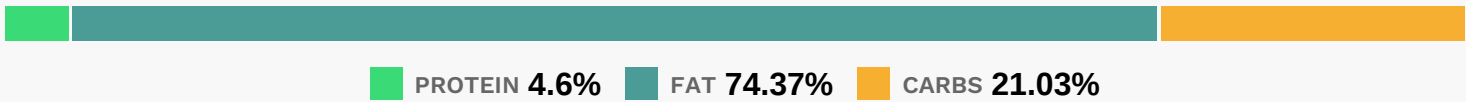
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Heat oven to 400F. 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:16.12, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:1.6104347790065%

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: 100.59kcal (5.03%), Fat: 8.51g (13.1%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 5.02g (1.83%), Sugar: 4.78g (5.31%), Cholesterol: 19.81mg (6.6%), Sodium: 101.07mg (4.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin A: 393.02IU (7.86%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 27.14mg (2.71%), Selenium: 1.78µg (2.54%), Vitamin E: 0.38mg (2.52%), Calcium: 24.21mg (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: 46.43mg (1.33%), Manganese: 0.03mg (1.31%), Vitamin B6: 0.02mg (1.16%)