



Swirled Apple Sour Cream Cake

READY IN



120 min.

SERVINGS



12

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1.3 cups water
- ☐ 0.8 cup cream sour
- ☐ 0.3 cup butter melted
- ☐ 3 eggs
- ☐ 2 small apples dry grated peeled
- ☐ 1 medium apples chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup pecans chopped

- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon juice of lemon
- ☐ 1 serving non-dairy whipped topping frozen thawed (from aerosol can)
- ☐ 1 serving mrs richardson's butterscotch caramel sauce

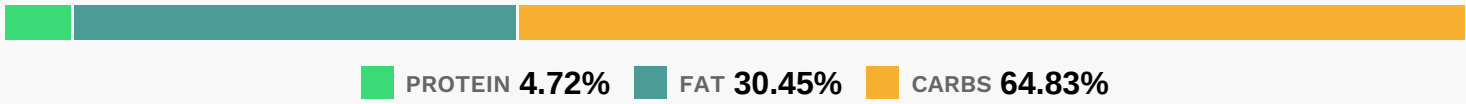
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
- ☐ In large bowl, beat cake mix, water, sour cream, melted butter and eggs with electric mixer on medium speed 2 minutes. Stir in grated apples.
- ☐ In medium bowl, stir together all filling ingredients.
- ☐ Pour half of the cake batter into pan; sprinkle evenly with filling. Top with remaining batter. With knife, cut through batter several times to swirl filling.
- ☐ Bake 28 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack.
- ☐ Garnish individual pieces with whipped cream and caramel topping.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:1.48, Inflammation Score:-3, Nutrition Score:6.7352173017419%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 323.37kcal (16.17%), Fat: 11.23g (17.28%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 53.8g (17.93%), Net Carbohydrates: 51.68g (18.79%), Sugar: 34.4g (38.22%), Cholesterol: 59.58mg (19.86%), Sodium: 380.11mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Phosphorus: 185.52mg (18.55%), Manganese: 0.32mg (15.95%), Calcium: 131.66mg (13.17%), Vitamin B2: 0.19mg (11.28%), Folate: 37.93µg (9.48%), Vitamin B1: 0.13mg (8.98%), Fiber: 2.12g (8.48%), Selenium: 5.6µg (8%), Iron: 1.38mg (7.65%), Vitamin A: 294.85IU (5.9%), Copper: 0.11mg (5.71%), Vitamin B3: 1.12mg (5.59%), Vitamin E: 0.8mg (5.36%), Vitamin B5: 0.45mg (4.51%), Vitamin B6: 0.09mg (4.32%), Magnesium: 16.47mg (4.12%), Potassium: 133.84mg (3.82%), Zinc: 0.5mg (3.36%), Vitamin C: 2.73mg (3.31%), Vitamin B12: 0.19µg (3.1%), Vitamin K: 2.94µg (2.8%), Vitamin D: 0.22µg (1.47%)