



WHATSheATE



Upside-Down Apple Cake with Whiskey-Soaked Fruit

♥ Popular

READY IN



240 min.

SERVINGS



16

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple jelly
- ☐ 3 tablespoons candied ginger chopped
- ☐ 0.5 cup apricot dried chopped
- ☐ 4 eggs
- ☐ 2 oz mascarpone cheese softened (from 8-oz container)
- ☐ 1 slices cranberry-orange relish fresh
- ☐ 2 teaspoons orange zest grated

- ☐ 3 apples red cored unpeeled sliced quartered ()
- ☐ 0.8 cup slivered almonds finely
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water
- ☐ 0.5 cup whipping cream
- ☐ 3 tablespoons bourbon
- ☐ 1 box cake mix yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave
- ☐ serrated knife

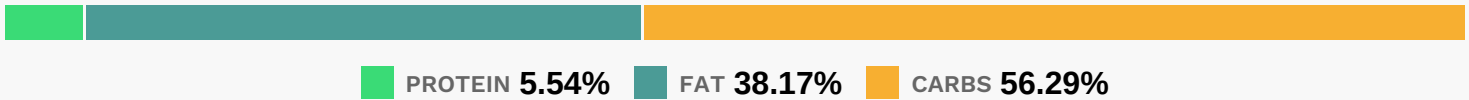
Directions

- ☐ In medium bowl, mix dried cranberries, apricots, orange peel and bourbon.
- ☐ Let stand at room temperature 1 hour or overnight.
- ☐ Heat oven to 350F (325F for dark or nonstick pan). Generously grease bottom and sides of two 8-inch round cake pans with shortening. Line bottom of each pan with cooking parchment paper. Grease parchment paper with shortening.
- ☐ Line bottom and side of each pan with overlapping apple slices, cutting slices as necessary to line side of each pan.
- ☐ In large bowl, beat cake mix, water, ground almonds, oil and eggs with electric mixer on low speed until moistened, then on medium speed 2 minutes, scraping bowl occasionally. Stir in

soaked dried fruit and ginger. Gently pour into pans over apple slices.

- ☐ Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Immediately turn pans upside down to release cakes onto cooling racks.
- ☐ In small microwavable bowl, microwave apple jelly uncovered on High 15 to 30 seconds, stirring every 15 seconds, until hot.
- ☐ Brush over apples on top and side of each cake to make shiny. Cool completely, about 1 hour.
- ☐ Meanwhile, in medium bowl, beat mascarpone cheese, whipping cream and sugar with electric mixer on high speed until stiff peaks form. On serving plate, place one cake, apple side up. Top with whipped cream mixture. Gently place remaining cake layer on top of cream, apple side up.
- ☐ Garnish with fresh cranberries and orange slices.
- ☐ Cut into slices with serrated knife. Cover and refrigerate any remaining cake.

Nutrition Facts



Properties

Glycemic Index:16.12, Glycemic Load:4.58, Inflammation Score:-4, Nutrition Score:7.1013043341429%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 315.37kcal (15.77%), Fat: 13.42g (20.65%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 42.08g (15.3%), Sugar: 27.76g (30.85%), Cholesterol: 52.87mg (17.62%), Sodium: 258.57mg (11.24%), Alcohol: 0.94g (100%), Alcohol %: 0.9% (100%), Protein: 4.38g (8.76%), Vitamin E: 2.47mg (16.49%),

Phosphorus: 158.85mg (15.89%), Vitamin B2: 0.21mg (12.61%), Manganese: 0.22mg (10.75%), Calcium: 104.72mg (10.47%), Vitamin K: 10.72µg (10.21%), Fiber: 2.44g (9.77%), Folate: 32.02µg (8%), Vitamin A: 386.25IU (7.73%), Selenium: 5.01µg (7.15%), Iron: 1.25mg (6.97%), Vitamin B1: 0.1mg (6.66%), Copper: 0.12mg (5.93%), Magnesium: 22.4mg (5.6%), Vitamin B3: 1.11mg (5.54%), Potassium: 166.31mg (4.75%), Vitamin B5: 0.38mg (3.83%), Vitamin B6: 0.08mg (3.82%), Vitamin C: 2.94mg (3.56%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.34µg (2.26%)