



Upside-Down Apple Gingerbread

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.5 cup blackstrap molasses light

- ☐ 3 golden delicious apples cored peeled cut into 8 wedges each
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 6 tablespoons butter unsalted
- ☐ 0.5 cup water hot

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat oven to 350F; grease an 8-inch round cake pan. In a skillet over medium heat, melt 2 Tbsp. butter.
- ☐ Add apple wedges; sprinkle with brown sugar. Saut 5 minutes, until softened.
- ☐ Pour liquid into cake pan and arrange apple wedges in a single layer.
- ☐ Sift flour, baking soda, salt, cinnamon, ginger and cloves. Beat 6 Tbsp. unsalted butter and sugar until fluffy. Beat in egg and molasses. Beat in 1/3 of flour mixture and hot water until smooth; repeat twice.
- ☐ Pour batter into pan; spread evenly over apples.
- ☐ Bake for about 45 minutes, until a toothpick inserted in center of cake comes out clean.
- ☐ Let cool on a rack for about 10 minutes. Run a knife around pan edge to loosen, then invert cake onto a serving plate.
- ☐ Let cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:28.17, Inflammation Score:-5, Nutrition Score:9.0265216775562%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 336.31kcal (16.82%), Fat: 12.36g (19.02%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 54.76g (18.25%), Net Carbohydrates: 52.3g (19.02%), Sugar: 34.17g (37.97%), Cholesterol: 53.35mg (17.78%), Sodium: 196.56mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Manganese: 0.68mg (33.76%), Selenium: 13.99µg (19.99%), Magnesium: 61.84mg (15.46%), Vitamin B1: 0.21mg (13.85%), Iron: 2.38mg (13.22%), Potassium: 426.79mg (12.19%), Folate: 48.39µg (12.1%), Vitamin B2: 0.17mg (9.97%), Fiber: 2.46g (9.84%), Vitamin B6: 0.19mg (9.69%), Vitamin A: 421.38IU (8.43%), Vitamin B3: 1.68mg (8.42%), Copper: 0.17mg (8.41%), Calcium: 63.9mg (6.39%), Phosphorus: 55.85mg (5.58%), Vitamin B5: 0.43mg (4.31%), Vitamin C: 3.15mg (3.82%), Vitamin E: 0.54mg (3.59%), Vitamin K: 2.74µg (2.61%), Zinc: 0.36mg (2.43%), Vitamin D: 0.34µg (2.23%), Vitamin B12: 0.08µg (1.32%)