



Upside-Down Apple-Spice Cake

READY IN



60 min.

SERVINGS



15

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.7 cup brown sugar light packed
- ☐ 1 cup walnut pieces toasted chopped
- ☐ 1.5 lb apples peeled chopped (3 large)
- ☐ 1 box spice cake mix

Equipment

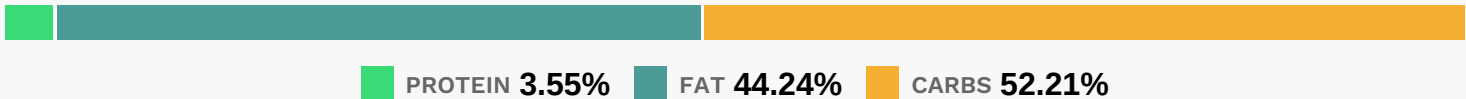
- ☐ frying pan
- ☐ oven

- ☐ knife
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. In 13x9-inch pan, melt butter in oven.
- ☐ Sprinkle brown sugar and walnuts over butter; stir to combine.
- ☐ Sprinkle chopped apples in pan.
- ☐ Mix cake as directed on box for 13x9-inch pan, using water, oil and eggs.
- ☐ Pour batter over apples and walnuts in pan.
- ☐ Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool on cooling rack 2 minutes; run knife around sides of pan to loosen cake.
- ☐ Place heatproof serving plate upside down on pan; turn plate and pan over.
- ☐ Remove pan.
- ☐ Serve cake warm.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:1.77, Inflammation Score:-3, Nutrition Score:5.88999999941173%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg 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: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 316.63kcal (15.83%), Fat: 16.06g (24.7%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 40.44g (14.71%), Sugar: 30.48g (33.86%), Cholesterol: 16.27mg (5.42%), Sodium: 278.45mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Manganese: 0.48mg (24%), Copper: 0.23mg (11.28%), Phosphorus: 112.08mg (11.21%), Iron: 1.97mg (10.96%), Vitamin B1: 0.15mg (10.12%), Fiber: 2.2g (8.79%), Folate: 26.91µg (6.73%), Vitamin B2: 0.11mg (6.4%), Potassium: 215.28mg (6.15%), Magnesium: 22.86mg (5.72%), Calcium: 52.7mg (5.27%), Vitamin B3: 1.02mg (5.11%), Vitamin A: 216.18IU (4.32%), Vitamin B6: 0.08mg (3.94%), Vitamin K: 3.94µg (3.76%), Vitamin C: 2.26mg (2.74%), Zinc: 0.39mg (2.62%), Vitamin E: 0.38mg (2.54%), Selenium: 1.3µg (1.86%), Vitamin B5: 0.17mg (1.74%)