



WHATSheATE



Upside-Down Butterscotch Apple Sour Cream Cake



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butterscotch morsels
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 2 large eggs
- ☐ 16 ounce golden delicious apples cored peeled halved cut into 1/4-inch-thick slices
- ☐ 0.8 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.7 cup regular sugar (superfine sugar)
- ☐ 6 tablespoons butter unsalted ()
- ☐ 1.5 teaspoons vanilla extract

Equipment

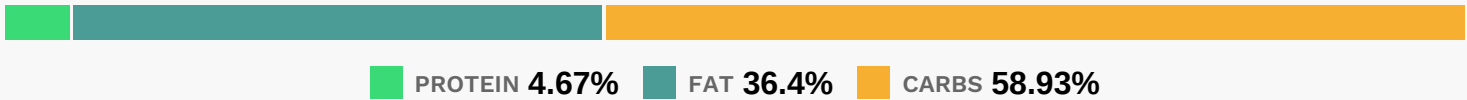
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil
- ☐ offset spatula
- ☐ tongs
- ☐ pot holder
- ☐ oven mitt

Directions

- ☐ Preheat oven to 375°F.
- ☐ Mix flour, baking powder, and salt in medium bowl. Using electric mixer, beat butter in large bowl until smooth. Gradually add sugar and beat until well blended.
- ☐ Add eggs and vanilla; beat until blended. Beat in flour mixture, then sour cream. Stir in chopped apple. Set aside while preparing butterscotch-caramel apples.
- ☐ Melt butter in 10-inch-diameter nonstick ovenproof skillet over medium heat.
- ☐ Add brown sugar and butterscotch morsels; stir until melted and smooth and mixture is bubbling, about 2 minutes.
- ☐ Add apple slices to skillet and cook until golden brown, using tongs to turn slices, about 3 minutes per side (there will be a lot of liquid in skillet).
- ☐ Remove skillet from heat and let cool 3 minutes. Using tongs, arrange apple slices in skillet in concentric circles or other pattern.

- ☐ Carefully spoon cake batter in small dollops atop apples in skillet. Using offset spatula, gently spread batter evenly to edges of skillet (batter will seem to float on top of apples and pan juices).
- ☐ Bake until cake is golden brown and tester inserted into center comes out clean, about 30 minutes. Cool in skillet 10 minutes. Run knife around edges of cake to loosen.
- ☐ Place large platter atop skillet. Using oven mitts or pot holders, hold platter and skillet firmly together and invert, allowing cake to settle onto platter.
- ☐ Serve cake warm.
- ☐ If your nonstick skillet doesn't have an ovenproof handle, wrapping the handle in two layers of heavy-duty foil will make it oven safe.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:32.55, Inflammation Score:-4, Nutrition Score:6.8113043308258%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 414.56kcal (20.73%), Fat: 16.99g (26.15%), Saturated Fat: 10.71g (66.96%), Carbohydrates: 61.9g (20.63%), Net Carbohydrates: 59.91g (21.78%), Sugar: 41.66g (46.28%), Cholesterol: 77.56mg (25.85%), Sodium: 337.36mg (14.67%), Alcohol: 0.26g (100%), Alcohol %: 0.2% (100%), Protein: 4.91g (9.82%), Selenium: 12.82µg (18.31%), Vitamin B1: 0.2mg (13.62%), Vitamin B2: 0.23mg (13.52%), Folate: 51.88µg (12.97%), Manganese: 0.19mg (9.72%), Phosphorus: 90.99mg (9.1%), Vitamin A: 450.21IU (9%), Calcium: 87.85mg (8.78%), Iron: 1.56mg (8.65%), Fiber: 2g (7.98%), Vitamin B3: 1.48mg (7.41%), Vitamin E: 0.64mg (4.28%), Vitamin B5: 0.42mg (4.22%), Potassium: 146.41mg (4.18%), Copper: 0.07mg (3.45%), Vitamin B6: 0.07mg (3.36%), Vitamin C: 2.75mg (3.34%), Magnesium: 12.97mg (3.24%), Vitamin K: 3.23µg (3.08%), Vitamin B12: 0.17µg (2.89%), Zinc: 0.43mg (2.84%), Vitamin D: 0.41µg (2.72%)