



## Upside-Down Caramelized Apple Cake

 Vegetarian

READY IN



98 min.

SERVINGS



10

CALORIES



440 kcal

DESSERT

### Ingredients

- 2 cups baking mix all-purpose
- 2 teaspoons brandy
- 1 cup firmly brown sugar light packed
- 0.5 cup butter divided softened
- 2 large eggs separated
- 2 large granny smith apples peeled cut into 1/2-inch-thick slices
- 0.8 cup granulated sugar divided
- 0.8 teaspoon ground cinnamon divided

- 0.1 teaspoon ground nutmeg
- 1 tablespoon juice of lemon
- 0.8 cup milk
- 0.5 cup pecans chopped
- 0.5 cup heavy whipping cream
- 2 teaspoons vanilla extract divided

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- hand mixer

## Directions

- Preheat oven to 350
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring after 5 minutes. Increase oven temperature to 375
- Toss apple slices with lemon juice, 1 tsp. vanilla extract, and 1/2 tsp. cinnamon.
- Melt 1/4 cup butter in a 10-inch cast-iron skillet over low heat.
- Remove from heat; stir in brandy.
- Sprinkle with brown sugar.
- Sprinkle pecans over brown sugar mixture. Arrange apples in 2 concentric circles over pecans.
- Beat 1/2 cup granulated sugar and remaining 1/4 cup butter at medium speed with an electric mixer until blended.
- Add egg yolks, 1 at a time, beating just until blended after each addition.

- Add milk, sour cream, and remaining 1 tsp. vanilla, beating just until blended.
- Whisk together baking mix, nutmeg, and remaining 1/4 tsp. cinnamon in a medium bowl.
- Add nutmeg mixture to butter mixture, beating just until blended.
- Beat egg whites in a large bowl at high speed until soft peaks form. Gradually beat in remaining 1/4 cup granulated sugar until stiff peaks form. Fold into batter.
- Spread batter over apples in skillet.
- Bake at 375 for 50 to 54 minutes or until a wooden pick inserted halfway into center of cake comes out clean. Cool in skillet on a wire rack 10 minutes. Carefully run a knife around edge of cake to loosen. Invert cake onto a serving plate, replacing any topping that sticks to skillet on cake.
- Note: We tested with Bisquick Original All-Purpose Baking
- Mix.

## Nutrition Facts



■ **PROTEIN 4.3%**
■ **FAT 41.69%**
■ **CARBS 54.01%**

## Properties

Glycemic Index:29.01, Glycemic Load:12.46, Inflammation Score:-4, Nutrition Score:7.8486955787825%

## Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg 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: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 439.8kcal (21.99%), Fat: 20.73g (31.89%), Saturated Fat: 8.96g (55.98%), Carbohydrates: 60.43g (20.14%), Net Carbohydrates: 58.24g (21.18%), Sugar: 45.43g (50.47%), Cholesterol: 71.06mg (23.69%), Sodium: 410.81mg (17.86%), Alcohol: 0.61g (100%), Alcohol %: 0.47% (100%), Protein: 4.81g (9.63%), Phosphorus: 211.39mg (21.14%),

Manganese: 0.39mg (19.55%), Vitamin B1: 0.2mg (13.29%), Vitamin B2: 0.22mg (13.04%), Calcium: 112.04mg (11.2%), Folate: 38.82µg (9.7%), Vitamin A: 467.58IU (9.35%), Selenium: 6.32µg (9.03%), Fiber: 2.19g (8.75%), Copper: 0.14mg (6.85%), Iron: 1.22mg (6.78%), Vitamin B3: 1.27mg (6.34%), Vitamin B5: 0.59mg (5.91%), Potassium: 200.58mg (5.73%), Magnesium: 21.9mg (5.47%), Vitamin B12: 0.32µg (5.41%), Vitamin B6: 0.09mg (4.57%), Zinc: 0.67mg (4.5%), Vitamin E: 0.61mg (4.1%), Vitamin K: 3.83µg (3.65%), Vitamin C: 2.87mg (3.48%), Vitamin D: 0.4µg (2.68%)