



Warm Caramel Apple Cake

 Popular

READY IN



85 min.

SERVINGS



15

CALORIES



445 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 0.3 cup whipping cream
- 1 cup brown sugar packed
- 0.5 cup pecans chopped
- 2.3 cups apples cored peeled thinly sliced
- 1 box cake mix yellow
- 1.3 cups water
- 0.3 cup vegetable oil

- 3 eggs
- 0.3 teaspoon apple pie spice
- 12 oz fluffy frosting white
- 0.5 cup cool whip frozen thawed
- 1 serving mrs richardson's butterscotch caramel sauce

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. In 1-quart heavy saucepan, cook butter, whipping cream and brown sugar over low heat, stirring occasionally, just until butter is melted.
- Pour into 13x9-inch pan.
- Sprinkle with pecans; top with sliced apples.
- In large bowl, beat cake mix, water, oil, eggs and apple pie spice with electric mixer on low speed until moistened, then on medium speed 2 minutes, scraping bowl occasionally. Carefully spoon batter over apple mixture.
- Bake 41 to 47 minutes or until toothpick inserted near center comes out clean. Cool in pan 10 minutes. Loosen sides of cake from pan.
- Place heatproof serving platter upside down on pan; carefully turn platter and pan over.
- Let pan remain over cake about 1 minute so caramel can drizzle over cake.
- Remove pan.
- In small bowl, mix frosting and whipped topping.
- Serve warm cake topped with frosting mixture and drizzled with caramel topping. Store covered in refrigerator.

Nutrition Facts

PROTEIN 2.72% FAT 40.96% CARBS 56.32%

Properties

Glycemic Index:5.67, Glycemic Load:7.35, Inflammation Score:-4, Nutrition Score:6.3486956254296%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 445.49kcal (22.27%), Fat: 20.61g (31.72%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 63.79g (21.26%), Net Carbohydrates: 62.55g (22.74%), Sugar: 47.7g (53%), Cholesterol: 37.62mg (12.54%), Sodium: 393.77mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Phosphorus: 147.96mg (14.8%), Vitamin B2: 0.22mg (13.17%), Vitamin K: 13.58µg (12.94%), Manganese: 0.25mg (12.73%), Calcium: 103.93mg (10.39%), Vitamin E: 1.51mg (10.09%), Vitamin A: 395.89IU (7.92%), Folate: 31.64µg (7.91%), Vitamin B1: 0.12mg (7.87%), Iron: 1.14mg (6.33%), Selenium: 4.3µg (6.15%), Fiber: 1.24g (4.98%), Vitamin B3: 0.94mg (4.72%), Copper: 0.09mg (4.56%), Vitamin B5: 0.36mg (3.56%), Vitamin B6: 0.07mg (3.42%), Magnesium: 12.5mg (3.12%), Potassium: 102.89mg (2.94%), Vitamin B12: 0.17µg (2.81%), Zinc: 0.42mg (2.8%), Vitamin D: 0.24µg (1.6%), Vitamin C: 0.99mg (1.21%)