



Warm Caramel Apple Cake

 Popular

READY IN



85 min.

SERVINGS



15

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon apple pie spice
- ☐ 2.3 cups apples cored peeled thinly sliced
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 3 eggs
- ☐ 0.7 cup fluffy frosting white betty crocker®
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup vegetable oil

- ☐ 1.3 cups water
- ☐ 0.5 cup non-dairy whipped topping frozen thawed ()
- ☐ 0.3 cup whipping cream
- ☐ 1 box cake mix yellow betty crocker® supermoist®

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 3.08% **FAT 42.69%** **CARBS 54.23%**

Properties

Glycemic Index:5.67, Glycemic Load:3.66, Inflammation Score:-3, Nutrition Score:5.9665216933126%

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: 388.79kcal (19.44%), Fat: 18.77g (28.88%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 52.42g (19.06%), Sugar: 38.39g (42.66%), Cholesterol: 37.27mg (12.42%), Sodium: 361.42mg (15.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Phosphorus: 144.8mg (14.48%), Manganese: 0.25mg (12.67%), Vitamin K: 12.01µg (11.44%), Vitamin B2: 0.17mg (10.15%), Calcium: 101.32mg (10.13%), Vitamin E: 1.33mg (8.86%), Vitamin A: 390.96IU (7.82%), Vitamin B1: 0.11mg (7.57%), Folate: 30.22µg (7.56%), Iron: 1.12mg (6.22%), Selenium: 4.24µg (6.06%), Fiber: 1.23g (4.94%), Vitamin B3: 0.91mg (4.55%), Copper: 0.09mg (4.54%), Vitamin B5: 0.34mg (3.45%), Vitamin B6: 0.07mg (3.29%), Magnesium: 12.21mg (3.05%), Potassium: 96.66mg (2.76%), Zinc: 0.41mg (2.7%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.24µg (1.6%), Vitamin C: 0.98mg (1.19%)