



Warm Caramel Apple Cake

READY IN



85 min.

SERVINGS



15

CALORIES



475 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
- ☐ 15 servings mrs richardson's butterscotch caramel sauce
- ☐ 3 eggs
- ☐ 0.7 cup fluffy frosting white
- ☐ 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

Equipment

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

Directions

- ☐ Heat oven to 350F. 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 2.89% **FAT 34.56%** **CARBS 62.55%**

Properties

Glycemic Index:5.67, Glycemic Load:3.66, Inflammation Score:-4, Nutrition Score:6.3860869925955%

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: 475.19kcal (23.76%), Fat: 18.77g (28.88%), Saturated Fat: 4.56g (28.51%), Carbohydrates: 76.46g (25.49%), Net Carbohydrates: 75.22g (27.35%), Sugar: 61.19g (67.99%), Cholesterol: 37.27mg (12.42%), Sodium: 497.82mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Phosphorus: 160.4mg (16.04%), Manganese: 0.27mg (13.67%), Calcium: 120.92mg (12.09%), Vitamin K: 12.01µg (11.44%), Vitamin B2: 0.17mg (10.15%), Vitamin E: 1.35mg (9%), Vitamin A: 426.96IU (8.54%), Folate: 31.02µg (7.76%), Vitamin B1: 0.11mg (7.57%), Selenium: 4.76µg (6.8%), Iron: 1.12mg (6.22%), Fiber: 1.23g (4.94%), Vitamin B3: 0.91mg (4.55%), Copper: 0.09mg (4.54%), Vitamin B5: 0.41mg (4.08%), Magnesium: 14.21mg (3.55%), Potassium: 123.06mg (3.52%), Vitamin B12: 0.2µg (3.4%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.41mg (2.7%), Vitamin D: 0.24µg (1.6%), Vitamin C: 1.18mg (1.43%)