



Winter Spice Cake with Caramelized Apple Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 0.5 teaspoon apple cider vinegar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.3 teaspoons ground cinnamon

- ☐ 1 teaspoon ground ginger
- ☐ 2.3 pounds golden delicious apples cored peeled cut into 6 wedges,
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 tablespoons sugar
- ☐ 13 tablespoons butter unsalted room temperature
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup whipping cream

Equipment

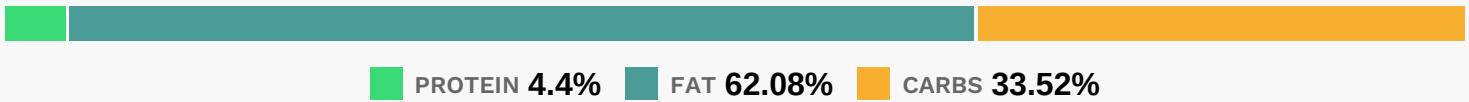
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F. Spray bottom of 9-inch-diameter springform pan with nonstick spray. Line bottom with foil; spray foil. Wrap outside of pan with foil.
- ☐ Melt 3 tablespoons butter in large nonstick skillet over medium-high heat.
- ☐ Add apples; sprinkle with 1 tablespoon sugar. Sauté apples until almost tender and beginning to brown, about 6 minutes.
- ☐ Sprinkle with 3 tablespoons sugar. Increase heat to high and toss until sugar melts and apples are deep brown, about 4 minutes.
- ☐ Pour apple mixture onto large plate (do not clean skillet).
- ☐ Melt 4 tablespoons butter in same skillet over medium-high heat.
- ☐ Add 3/4 cup sugar and cook until mixture is deep golden brown, stirring often, about 7 minutes (mixture will be grainy).

- ☐ Add cream and vinegar (do not stir). Cover skillet, reduce heat to medium-low and simmer without stirring until most of caramel bits dissolve, about 8 minutes. Uncover and whisk until sauce is slightly thick, deep brown and reduced to generous 1 cup, about 3 minutes longer.
- ☐ Pour caramel sauce into small saucepan.
- ☐ Spread 3 tablespoons caramel sauce over bottom of prepared pan. Arrange apple wedges side by side, rounded side down, in caramel in 2 concentric circles. Sift flour and next 6 ingredients into bowl. Beat 6 tablespoons butter and 1 cup sugar in large bowl to blend (mixture will be grainy). Beat in eggs 1 at a time, then vanilla and 1/4 cup caramel sauce. Beat in half of dry ingredients, then sour cream, then remaining dry ingredients.
- ☐ Spoon batter evenly over apples.
- ☐ Bake cake until tester inserted into center comes out clean, about 1 hour 15 minutes. Cool cake in pan 5 minutes.
- ☐ Cut around cake; remove pan sides. Cool cake 15 minutes longer.
- ☐ Place platter atop cake; invert cake onto platter.
- ☐ Remove pan bottom and foil. Replace any dislodged apples. Rewarm remaining caramel sauce.
- ☐ Serve cake warm or at room temperature with sauce.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:19.77, Inflammation Score:-7, Nutrition Score:9.1552173262057%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 475.57kcal (23.78%), Fat: 33.62g (51.73%), Saturated Fat: 20.45g (127.8%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 37.04g (13.47%), Sugar: 20.84g (23.15%), Cholesterol: 137.51mg (45.84%), Sodium: 267.29mg (11.62%), Alcohol: 0.26g (100%), Alcohol %: 0.14% (100%), Protein: 5.36g (10.71%), Vitamin A: 1233.47IU (24.67%), Selenium: 12.3µg (17.57%), Manganese: 0.33mg (16.44%), Vitamin B2: 0.28mg (16.3%), Fiber: 3.82g (15.27%), Vitamin B1: 0.19mg (12.69%), Folate: 48.28µg (12.07%), Phosphorus: 105.3mg (10.53%), Calcium: 91.07mg (9.11%), Vitamin E: 1.24mg (8.24%), Iron: 1.47mg (8.15%), Vitamin C: 6.24mg (7.56%), Vitamin D: 1.07µg (7.11%), Vitamin B3: 1.36mg (6.78%), Potassium: 233.88mg (6.68%), Vitamin K: 5.76µg (5.49%), Vitamin B6: 0.1mg (5.08%), Vitamin B5: 0.51mg (5.07%), Magnesium: 17.29mg (4.32%), Copper: 0.09mg (4.26%), Vitamin B12: 0.23µg (3.8%), Zinc: 0.51mg (3.38%)