

# Apple Cake Topped with Lemon Sauce

*Paula Macri - Gattuso's Bella Cucina*

*4 medium apples (of your choice),  
peeled, cored and sliced*

*1 tablespoon fresh-squeezed lemon  
juice*

*1 1/4 cups sugar, divided*

*1/4 cup water*

*1 1/3 cups flour*

*3 teaspoons baking powder*

*1/2 teaspoon salt*

*1/4 cup butter*

*1 large egg*

*3/4 cup milk*

**FOR THE LEMON SAUCE**

*1/2 cup sugar*

*1 tablespoon cornstarch*

*1/4 cup cold water*

*1/2 cup boiling water*

*1 tablespoon butter*

*1/2 teaspoon pure lemon extract*

*2 tablespoons fresh-squeezed lemon  
juice*

Preheat the oven to 350 degrees.

Butter an eight-inch-square cake pan. Add the sliced apples into the cake pan.

In a mixing bowl, mix the lemon juice, 1/2 cup of sugar, and the water. Pour over the apples and mix well. Let stand while you are preparing the batter for the cake.

In a large mixing bowl, add the flour, remaining sugar, baking powder and salt. Cut in the butter with a pastry blender until the butter is the size of small peas. Make a hollow center in the flour mixture. Add the egg and milk. Mix until just combined. (the batter will have small lumps in it). Pour the batter over the apple mixture.

Bake for approximately 45 minutes or until a toothpick inserted in the center comes out clean.

To prepare the Lemon Sauce: In a small saucepan, mix the sugar and the cornstarch thoroughly. Stir in the cold water until the cornstarch is dissolved. Add the boiling water and cook over medium heat, stirring constantly, until the sauce is thickened.

Remove from the heat. Stir in the butter, lemon extract and lemon juice. Set aside.

Pour the sauce over the cake when ready to serve.

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Per Serving (excluding unknown items): 2692 Calories; 70g Fat (23.1% calories from fat); 30g Protein; 496g Carbohydrate; 5g Dietary Fiber; 392mg Cholesterol; 3288mg Sodium. Exchanges: 9 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 13 Fat; 23 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	2692	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	23.1%	<b>Vitamin B12 (mcg):</b>	1.4mcg
<b>% Calories from Carbohydrates:</b>	72.5%	<b>Thiamin B1 (mg):</b>	1.4mg
<b>% Calories from Protein:</b>	4.4%	<b>Riboflavin B2 (mg):</b>	1.4mg
<b>Total Fat (g):</b>	70g	<b>Folacin (mcg):</b>	78mcg
<b>Saturated Fat (g):</b>	41g	<b>Niacin (mg):</b>	10mg
<b>Monounsaturated Fat (g):</b>	20g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	392mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	496g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	5g	<b>Grain (Starch):</b>	9
<b>Protein (g):</b>	30g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	3288mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	551mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	1113mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	11mg	<b>Fat:</b>	13
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	23 1/2
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	2642IU		
<b>Vitamin A (r.e.):</b>	676RE		

**Nutrition Facts**

**Amount Per Serving**

**Calories** 2692                      **Calories from Fat:** 621

**% Daily Values\***

<b>Total Fat</b> 70g	108%
Saturated Fat 41g	207%
<b>Cholesterol</b> 392mg	131%
<b>Sodium</b> 3288mg	137%
<b>Total Carbohydrates</b> 496g	165%
Dietary Fiber 5g	20%
<b>Protein</b> 30g	
<b>Vitamin A</b>	53%
<b>Vitamin C</b>	3%
<b>Calcium</b>	111%
<b>Iron</b>	59%

\* Percent Daily Values are based on a 2000 calorie diet.