

Dutch Apple Cake with Caramel Glaze

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 16

CAKE

7 apples
3 cups unbleached all-purpose flour
1 teaspoon baking soda
1 1/2 teaspoons ground cinnamon
1 teaspoon salt
1/2 teaspoon freshly grated nutmeg
3 eggs
1 1/2 cups vegetable oil
1 cup packed brown sugar
1 cup granulated sugar
2 1/2 teaspoons vanilla
1 1/4 cups chopped pecans
CARAMEL GLAZE
6 tablespoons unsalted butter
1/3 cup packed dark brown sugar
1/3 cup packed light brown sugar
1/2 cup whipping cream
pinch salt

Preparation Time: 40 minutes

Bake: 1 hour

Preheat the oven to 325 degrees.

Butter and flour a 13x9x2-inch baking pan. Set aside.

Peel the apples, quarter, core, and cut each quarter in half lengthwise, then crosswise (16 pieces from each apple).

In a medium bowl, mix together the flour, baking soda, cinnamon, salt and nutmeg. Set aside.

In a very large mixing bowl, whisk the eggs to combine. Whisk in the oil, sugars and vanilla until well blended. Gradually whisk in the flour mixture just until well blended. Fold the apples and pecans into the batter (the batter will be thick and just coat the apples). Turn into the prepared pan, spreading to the edges of the pan.

Bake about one hour or until a toothpick inserted into the center of the cake comes out clean. Remove from the oven and cool on a wire rack while preparing the glaze.

For the glaze: In a medium skillet, melt the butter. Add the dark brown sugar, light brown sugar, whipping cream and salt. Cook and stir until blended over medium-low heat for 2 minutes. Increase the heat and boil for 2 minutes or until dime-size bubbles cover the surface of the glaze. Remove from the heat and cool slightly until the glaze begins to thicken, about 5 minutes.

Spoon the Caramel Glaze over the warm cake.

Per Serving (excluding unknown items): 493 Calories; 35g Fat (61.9% calories from fat); 2g Protein; 46g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 238mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 7 Fat; 2 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	493	Vitamin B6 (mg):	.1mg
% Calories from Fat:	61.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	36.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	35g	Folacin (mcg):	11mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	2
Cholesterol (mg):	62mg	% Refuse:	n n%
Carbohydrate (g):	46g		
Dietary Fiber (g):	2g		
Protein (g):	2g		
Sodium (mg):	238mg		
Potassium (mg):	206mg		
Calcium (mg):	42mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	362IU		
Vitamin A (r.e.):	89RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 493 **Calories from Fat:** 305

% Daily Values*

Total Fat 35g	54%
Saturated Fat 8g	38%
Cholesterol 62mg	21%
Sodium 238mg	10%
Total Carbohydrates 46g	15%
Dietary Fiber 2g	10%
Protein 2g	
Vitamin A	7%
Vitamin C	6%
Calcium	4%
Iron	6%

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