

Upside Down Apple Cake

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Servings: 10

APPLES

1/4 cup (1/2 stick) butter
3/4 cup sugar
1/4 cup sorghum or molasses
(optional)
3 to 4 crisp, tart apples or pears,
peeled, cored and cut into wedges

CAKE

1/2 cup (one stick) butter, at room
temperature
2/3 cup sugar
1 teaspoon vanilla extract
2 eggs, at room temperature
1 1/2 cups all-purpose flour
1/2 cup cornmeal
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon cinnamon
1 cup buttermilk or yogurt

Preheat the oven to 375 degrees.

To prepare the apples: melt the butter in a 10- to 12-inch cast iron (or heavy ovenproof) skillet over low heat. Add the sugar and sorghum to the pan and stir. Place the apple (or pear) wedges in the pan, trying not to leave large gaps. Cook over medium low heat for about 15 minutes.

To prepare the cake: beat the butter and sugar using an electric mixer until light and fluffy. Mix in the vanilla and eggs.

In a bowl, combine the flour, cornmeal, baking powder, salt and cinnamon. Add the buttermilk and flour mixture alternately to the butter mixture and mix until well blended.

Remove the skillet from the heat. Spoon the batter over the apples and spread to cover completely. Place in the oven and bake for 20 to 25 minutes until the cake is golden brown and bubbly.

Let the cake cool in the skillet for 5 minutes then invert it onto a serving plate, arranging any apple slices that have fallen off the cake.

After it bakes, invert this cake so the caramelized apples are on top, or serve it directly from the pan without inverting at all.

Per Serving (excluding unknown items): 280 Calories; 8g Fat (26.1% calories from fat); 4g Protein; 48g Carbohydrate; 1g Dietary Fiber; 61mg Cholesterol; 371mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	280	Vitamin B6 (mg):	trace
% Calories from Fat:	26.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	68.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	8g	Folacin (mcg):	37mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	1
Cholesterol (mg):	61mg	% Refuse:	0 0%
Carbohydrate (g):	48g		
Dietary Fiber (g):	1g		
Protein (g):	4g		
Sodium (mg):	371mg		
Potassium (mg):	48mg		
Calcium (mg):	54mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	338IU		
Vitamin A (r.e.):	81RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 280 Calories from Fat: 73

% Daily Values*

Total Fat 8g	13%
Saturated Fat 5g	23%
Cholesterol 61mg	20%
Sodium 371mg	15%
Total Carbohydrates 48g	16%
Dietary Fiber 1g	4%
Protein 4g	
Vitamin A	7%
Vitamin C	0%
Calcium	5%
Iron	8%

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