

# Upside-Down Applesauce Cake

*Sam Beall & Marah Stets - "The Foothills Cuisine of Blackberry Farm"  
Knoxville News Sentinel*

## Servings: 8

*8 tablespoons (1 stick) unsalted butter, room temperature, plus more for the skillet*  
*1 1/2 cups (9 ounces) lightly packed brown sugar*  
*3/4 teaspoon ground cinnamon*  
*3/4 teaspoon finely ground espresso beans or instant espresso powder*  
*4 tablespoons (1/2 stick) unsalted butter, melted*  
*3 small to medium (3/4 lb) tart, firm apples*  
*1 1/2 cups (7-1/2 ounces) unbleached all-purpose flour*  
*1/2 cup (2-1/2 ounces) whole-wheat flour*  
*1 teaspoon baking soda*  
*1 teaspoon sea salt*  
*1 teaspoon ground ginger*  
*1/4 teaspoon ground cloves*  
*1 cup (6 ounces) muscovado or dark brown sugar*  
*2 large eggs, at room temperature*  
*1 cup applesauce (see recipe under side dishes)*  
*1 teaspoon vanilla extract*

Preheat the oven to 350 degrees.

Generously butter a well-seasoned 10-inch cast iron skillet.

In a medium bowl, stir together the brown sugar, cinnamon, ground espresso beans and melted butter. Press into the bottom of the prepared skillet.

Peel and core the apples and cut into 1/4-inch-thick wedges. Arrange the wedges in concentric circles in the skillet, tucking them close together and pressing them lightly down into the sugar mixture.

Into a medium bowl, sift together the all-purpose flour, whole-wheat flour, baking soda, salt, ginger and cloves.

In an electric stand mixer fitted with a paddle attachment, beat the eight tablespoons of room-temperature butter and the muscovado sugar on medium-high speed until smooth and creamy, about 3 minutes. Add the eggs one at a time, beating well after each addition.

Add the flour mixture to the egg mixture in thirds, alternating with half of the applesauce, beating each time only until the batter is smooth. Beat in the vanilla extract. The batter will be thick.

Scrape the batter into the skillet, taking care not to dislodge the apple slices.

Bake until the cake springs back when lightly touched in the center and a tester inserted into the center comes out clean, 35 to 40 minutes. Set the skillet on a wire rack or folded towel for 15 to 20 minutes. With oven mitts, carefully turn out the warm cake onto a serving plate. (Place the plate over the skillet. Flip them over together and lift off the skillet).

If any apples stick to the skillet, gently pry them loose and replace atop the cake.

Serve warm or at room temperature.

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Per Serving (excluding unknown items): 1267 Calories; 139g Fat (96.8% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 425mg Cholesterol; 429mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 27 1/2 Fat.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1267	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	96.8%	<b>Vitamin B12 (mcg):</b>	.4mcg
<b>% Calories from Carbohydrates:</b>	1.9%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	1.3%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	139g	<b>Folacin (mcg):</b>	13mcg
<b>Saturated Fat (g):</b>	86g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	40g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	5g	<b>Alcohol (kcal):</b>	2
<b>Cholesterol (mg):</b>	425mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	6g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	429mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	96mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	52mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	27 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	5264IU		
<b>Vitamin A (r.e.):</b>	1300RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 1267 **Calories from Fat:** 1227

**% Daily Values\***

<b>Total Fat</b> 139g	214%
Saturated Fat 86g	431%
<b>Cholesterol</b> 425mg	142%
<b>Sodium</b> 429mg	18%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 1g	4%
<b>Protein</b> 4g	

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<b>Vitamin A</b>	105%
<b>Vitamin C</b>	0%
<b>Calcium</b>	5%
<b>Iron</b>	5%

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